

*the* 2015  
**Vermont Youth  
Risk Behavior Survey**



Produced in partnership with the  
Agency of Education

*the* 2015  
**Vermont Youth  
Risk Behavior Survey**

**The Vermont Youth Risk Behavior Survey  
is a collaborative project.**

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This report is available in other accessible formats.

## Survey Format in 2015

In 2015, we conducted two surveys:

- a **high school survey** of students in grades nine through twelve, and
- a **middle school survey** of students in grades six through eight.

**All results in the 2015 high school survey report are for grades nine through twelve only.**

The middle school and high school surveys differed slightly. The shorter middle school survey included questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, sexual behavior, body image, physical activity, and youth assets. The high school survey included questions on these topics as well as self-reported height and weight, driving behaviors, other drug use, sexual orientation, and nutrition.

Copies of both surveys can be found online at: <http://healthvermont.gov/research/yrbs.aspx>

The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who choose to participate in the Youth Risk Behavior Survey each year. Thank you.

## How to Use the YRBS

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, we can focus prevention efforts and determine whether school policies and community programs are having the intended effect on student behaviors.

Think of the YRBS as a tool for starting discussions, for educating the community, for planning and evaluating programs, and for comparing Vermont students with other students nationwide.

- **Start the Conversation:** Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?
- **Increase Awareness:** The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.
- **Plan and Evaluate Programs:** The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities, and can inform strategies to address those weaknesses.

**Remember to Look at the Positive Side:** In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please do not forget about the percentage of adolescents who are NOT engaging in these behaviors.

Note: “Getting to ‘Y’”, a program originally funded by the Agency of Education, provides a manual for student groups looking to analyze and leverage their own YRBS data – it can be found here: <http://www.upforlearning.com/index.php/yatst>

## About this Report: Methodology

**Format:** The results appear in data tables, pie charts, bar graphs, and line graphs with explanatory text. In most cases, we report data by gender and grade. The percentages in some charts may not total 100% due to rounding.

**Weighting:** The results in this report are weighted by gender, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys, as well as the few schools that did not participate. The weighting allows the results to be fully representative of public students in grades six through eight (middle school survey) and grades nine through twelve (high school survey). This permits us to draw inferences about the school-based student population in Vermont.

Beginning in 2013 there was a methodology change in the weighting procedure. From 1993 through 2011, reports included numbers based on a weighted sample of schools. In 2013, due to the high participation from Vermont schools, the switch was made to use all of the student responses in the statewide report, instead of a sample. This improved comparability to any county-level or supervisory union-level reports, as well as ensured that the estimates were more accurate. These results are generalizable to the Vermont high school and middle school populations.

**Statistical Comparisons:** We note significant differences in the explanatory text. For the 2015 results, we compared the 95 percent confidence intervals separately by grade, gender and year to determine if the percentages were statistically different. If the confidence intervals overlapped, the percentages were not different.

Be aware that due to the very large number of students who take the YRBS the confidence intervals in the statewide report are very small, leading to statistical differences between numbers that are practically not very different from each other. Therefore, we encourage you to examine the data and consider “**meaningful difference.**” In other words, does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

## A Word of Caution

The YRBS represents the most complete and most recent information available about risk behaviors among Vermont students. However, the YRBS has some limitations that you should keep in mind when interpreting the results.

- **Data Quality:** We take numerous precautions to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) carefully designed and thoroughly tested the questionnaire. The anonymous survey encourages students to be honest and forthright. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. We statistically adjust, or weight, the results so that the responses accurately represent all Vermont public school students based on gender, grade, and race/ethnicity. These precautions can reduce some sources of error, but not all.
- **Who's Not Included:** Administrators make every effort to have all students complete the YRBS. However, students who are not at school the day of the survey are not included in the results. Additionally, students who are home schooled, attend independent schools that chose not to participate, or dropped out of school are not included.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** Participating supervisory unions and school districts receive reports of their results comparing them directly to the state. It is natural to also want to know how individual supervisory unions or school districts compare to each other, but we urge caution in making such comparisons because the reasons for the differences may not be simple or easy to identify.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest which groups of students are more likely to engage in these behaviors. However, the survey does not answer why they are doing it. We encourage students to analyze their own data and offer insight into the results.

## Personal Safety

Feeling safe – whether at school, in a car, or in a relationship – fosters positive adolescent development. The high school and middle school surveys included questions on fighting, bullying, seat belt use, safety at school, helmet use, and suicidality. The high school survey included additional questions on driving behaviors, dating violence, and self harm.

- Physical fighting is a marker for problem behaviors<sup>1</sup> and is associated with serious injury.<sup>2,3</sup> Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.<sup>4,5,6</sup>
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,<sup>7,8</sup> poor academic achievement,<sup>8</sup> and violent behavior.<sup>9</sup>
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.<sup>10</sup> Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.<sup>11</sup>
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.<sup>12</sup> Despite this, less than one quarter of bicyclists wear helmets.<sup>12</sup>
- In 2013, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.<sup>13</sup> Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.<sup>14</sup>

## Alcohol, Tobacco, and Other Drugs

Early use of alcohol, tobacco, and other drugs is associated with myriad problems later in life. The high school and middle school surveys asked about tobacco, alcohol, marijuana, inhalant, and prescription drug use. The surveys also asked the age at which students first used alcohol, cigarettes, and marijuana. The high school survey asked additional questions on other drug use, such as heroin, methamphetamines, and hallucinogens. Both surveys asked about ease of availability of alcohol, cigarettes, and marijuana, peer disapproval of use of these substances, perceived parental disapproval of use, and the risk of harm associated with use of these substances.

- Alcohol use is a major contributing factor in about half of all homicides and sexual assaults,<sup>15</sup> and about one-third of all motor vehicle crash fatalities.<sup>16</sup> Heavy drinking among youth has been linked to violence, academic and job problems, suicidal behavior, trouble with law enforcement authorities, risky sexual behavior, and use of cigarettes, marijuana, cocaine, and other illegal drugs.<sup>17,18</sup>
- Tobacco use is the single most preventable cause of death in the United States,<sup>19</sup> contributing to more than one of every five deaths.<sup>20</sup> Cigarette smoking increases the risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.<sup>19</sup>
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.<sup>21</sup> Other reactions include feelings of distrust, anxiety, or depression.<sup>21</sup> In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.<sup>22</sup>
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.<sup>23</sup>
- Multi-year results from the Monitoring the Future survey indicate that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases.<sup>24</sup> As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.<sup>24</sup> Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.<sup>24</sup>



## Sexual Behavior and Orientation

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing. The middle school survey did not ask any questions about sex.

- Early sexual activity and having multiple sexual partners are associated with an increased risk of unwanted pregnancy, sexually transmitted diseases (STDs) including HIV infection,<sup>25</sup> and negative effects on social and psychological development.<sup>26</sup> Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.<sup>27</sup>
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.<sup>28</sup> STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.<sup>26</sup> Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.<sup>29</sup>
- Although many lesbian, gay, bisexual, and transgender adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, bisexual, and transgender youth are at higher risk for depression, tobacco, alcohol and other drug use, suicide, and unhealthy sexual behaviors.<sup>30</sup>

## Body Image

Negative feelings about weight and body image often develop in adolescence. The high school and middle school surveys included questions about weight perception and weight control. The high school survey asked for students' height and weight to calculate body mass index.

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.<sup>31</sup> Obesity in childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.<sup>32</sup> Overweight and obesity acquired during childhood or adolescence may persist into adulthood.<sup>33</sup> Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.<sup>20</sup>
- However, overemphasis on slenderness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.<sup>34,35</sup> Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors such as fasting and self-induced vomiting that can lead to abnormal physical and psychological development.<sup>36,37</sup>

## Nutrition and Physical Activity

Nutritious eating and physical activity are two cornerstones of healthy adolescent development. The high school and middle school surveys asked about breakfast consumption, physical activity, physical education classes, and television, computer, and video game use. The high school survey also asked about consumption of fruits, vegetables, soda, and sugar-sweetened beverages.

- Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.<sup>39-43</sup>
- In recent years, soft drink consumption has significantly increased among children and adolescents. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with an increased risk for being overweight in children.<sup>44-45</sup>
- Regular physical activity builds and maintains healthy bones and muscles, controls weight, builds lean muscle, reduces fat, reduces feelings of depression and anxiety. It also decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.<sup>46</sup> The U.S. Department of Health and Human Services recommends that young people ages 6–17 participate in at least 60 minutes of physical activity every day.<sup>46</sup>
- By 12th grade, more than half of female students in the U.S. do not participate in vigorous physical activity regularly. School physical education classes can increase adolescent participation in physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.<sup>47-50</sup>
- Television viewing is the principal sedentary leisure time behavior in the U.S. Studies have shown that television viewing in young people is related to obesity<sup>51</sup> and violent or aggressive behavior.<sup>52-54</sup> Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.

## Measures of Youth Assets

Adolescent achievement requires sources of positive influence. The high school and middle school surveys asked about school and community connectivity as well as parental conversations about school. The high school survey asked additional questions about volunteerism and grades earned in school.

- Above-average school performance is one of many developmental assets, or factors promoting positive development. Studies have shown that students who get higher grades in school are less likely to use cigarettes, alcohol, or marijuana, and are more likely to postpone sexual intercourse.<sup>55</sup>
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.<sup>56</sup> A national study of adolescent health found that youth who reported a "connectedness" to their parents/family and school were the least likely to engage in risky behaviors.<sup>57</sup> Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.<sup>57</sup>
- Research shows that involvement in constructive, supervised extracurricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and delinquency.<sup>58</sup> In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.<sup>59</sup>
- Youth are not simply objects of adult efforts to modify their behaviors. Rather, if given the opportunities, they can make significant contributions to their families, schools, and communities. Adolescents, especially, need to exercise decision-making power in as many settings as is practical, so that they can develop into competent adults. Schools are a natural setting for youth to share in decisions that affect their lives.

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## 2015 Vermont High School Youth Risk Behavior Survey

- In February and March 2015, students at 66 high schools took the 2015 Vermont High School Youth Risk Behavior Survey. Any school that included grades nine through twelve, including public/independent, independent, interstate, and technical schools, could participate in the high school survey. Students completed a self-administered 108-item questionnaire. Survey procedures protected the privacy of students by allowing for anonymous and voluntary participation.
- This report presents the results from the 66 high schools, including public as well as independent schools that serve as the public high school in their Supervisory Union, a total of 21,013 students. The school response rate was 99%, the student response rate was 78%, and the overall response rate was 77% ( $99\% \times 78\% = 77\%$ ).
- The results in this report are weighted by gender, grade, and race/ethnicity to compensate for absenteeism and incomplete surveys, as well as those few schools that chose not to participate.
- **All results in the 2015 high school survey report are for grades nine through twelve only.**

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## Sample Demographics

	Grade				Gender		All*
	9	10	11	12	Females	Males	
<b>Number of students</b>	5,627	5,586	5,171	4,332	10,243	10,476	21,013

\*NOTE: The number of students represents the unweighted frequency of those completing the survey.

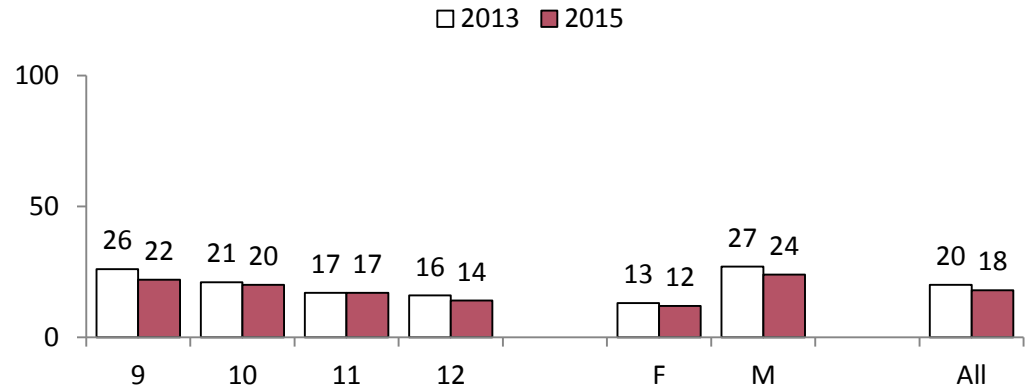
Some students did not indicate their grade or gender. Therefore, totals by grade and by gender do not equal the overall total.

<b>Race and Ethnicity</b>	
White non-Hispanic	84%
Racial or Ethnic Minority	16%
<b>Age</b>	
14 and younger	12%
15	24%
16	26%
17	25%
18 and older	13%
<b>Mother's Education Level</b>	
High school graduate or less	27%
Some college	13%
College graduate	33%
Graduate or professional school after college	18%
Not sure	9%

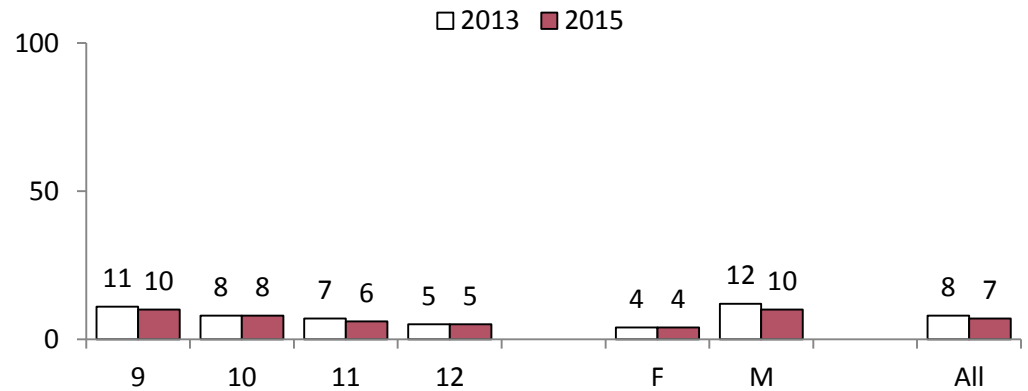
## Physical Fighting

- **During the past 12 months, 18% of students reported being in at least one physical fight, 7% of students were in a physical fight on school property.**
- Males were significantly more likely to be in a physical fight, including being in a fight on campus, compared to females.
- Getting in a physical fight or a fight on school property decreased significantly with each increasing grade.
- Getting in a physical fight decreased significantly from 2013 to 2015. Fighting on school property has decreased significantly since 2005, however, no significant differences were reported between 2013 and 2015.

Percent of students who were in a physical fight during the past 12 months



Percent of students who were in a physical fight at school during the past 12 months



## Safety at School

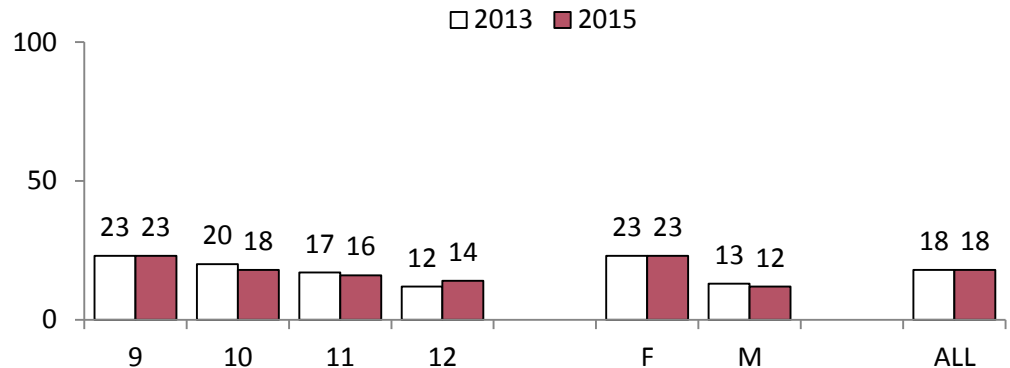
- **During the past 12 months, 5% of students reported being threatened or injured with a weapon on school property.**
- Females were significantly less likely to be threatened on school property than males.
- Eleventh and twelfth grade students are less likely than ninth graders to be threatened.
- **In the past 30 days, 6% of students did not go to school because they felt unsafe at school or on their way to or from school.**
- Females were more likely than males to skip school because they felt unsafe.
- Ninth grade students are more likely than eleventh and twelfth graders to skip school because they felt unsafe.
- **In the past 30 days, 8% of students carried a weapon on school property at least one time.**
- Males were significantly more likely than females to have carried a weapon.
- Older students are more likely than ninth graders to report carrying a weapon.
- **Between 2013 and 2015, carrying a weapon decreased significantly. No significant changes were reported for students feeling threatened or skipping school because they felt unsafe.**

Percent of students who:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Were threatened or injured with a weapon on school property during the past 12 months	5	5	6	6	4	4	4	6
Did not go to school during the past 30 days because they felt unsafe	5	6	7	6	5	5	7	4
Carried a weapon such as a gun, knife, or club on school property during the past 30 days	9	8	6	7	9	8	4	11

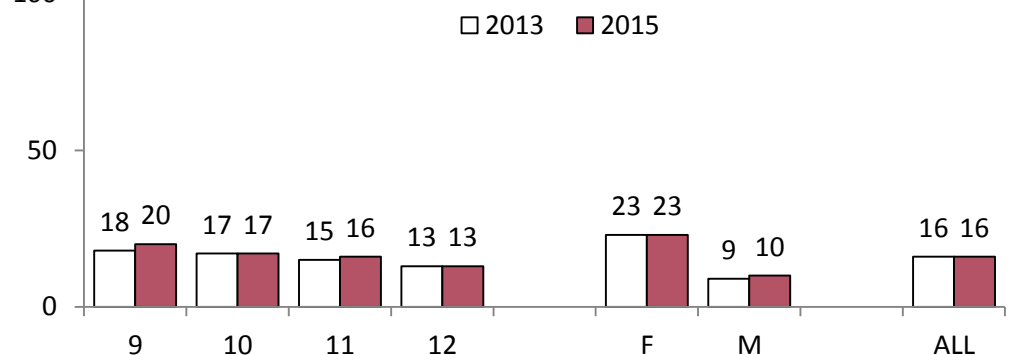
## Bullying and Electronic Bullying

- **In the past 30 days, 18% of students were bullied.**
- Females were significantly more likely than males to have been bullied.
- Bullying decreased with each increasing grade.
- The percent of students reporting being bullied in the past 30 days increased significantly from 2005 to 2013 but has remained unchanged since 2013.
- **In the past 12 months, 16% of students were bullied electronically.**
- Females were over two times more likely to have been electronically bullied compared to males.
- Ninth graders were more likely to be electronically bullied than older students. Tenth were more likely to be electronically bullied compared to twelfth graders.
- The percent of students reporting being electronically bullied in the past 12 months remained unchanged from 2013 to 2015.

Percent of students who reported being bullied in the past 30 days



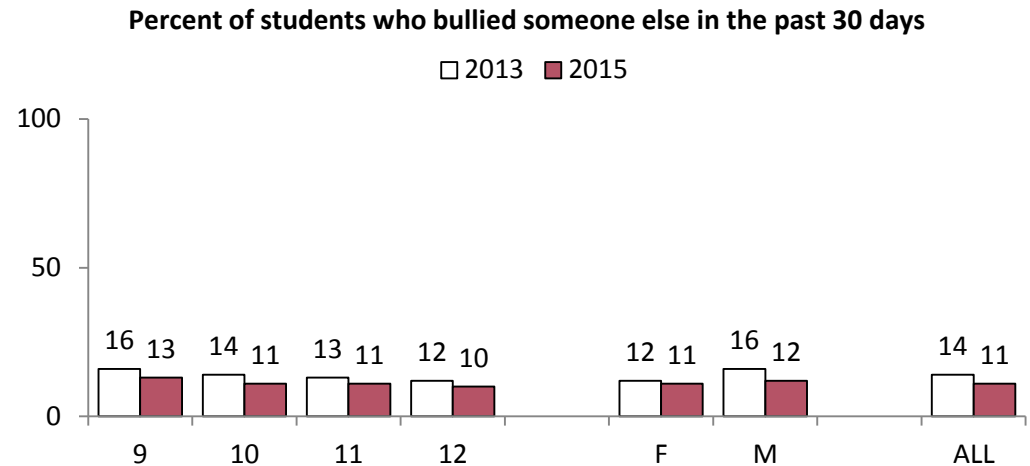
Percent of students who reported being electronically bullied in the past 12 months



For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight, or when teasing is done in a friendly way. Electronic bullying includes being bullied through email, chat rooms, instant messaging, websites, or texting.

## Being a Bully

- **During the previous 30 days, 11% of students reported bullying someone else.**
- There were no gender differences for being a bully.
- Ninth grade students were more likely than tenth and twelfth graders to report bullying someone else.
- The percent of students who reported being a bully decreased significantly from 2013 to 2015.



For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight, or when teasing is done in a friendly way. Electronic bullying includes being bullied through email, chat rooms, instant messaging, websites, or texting.

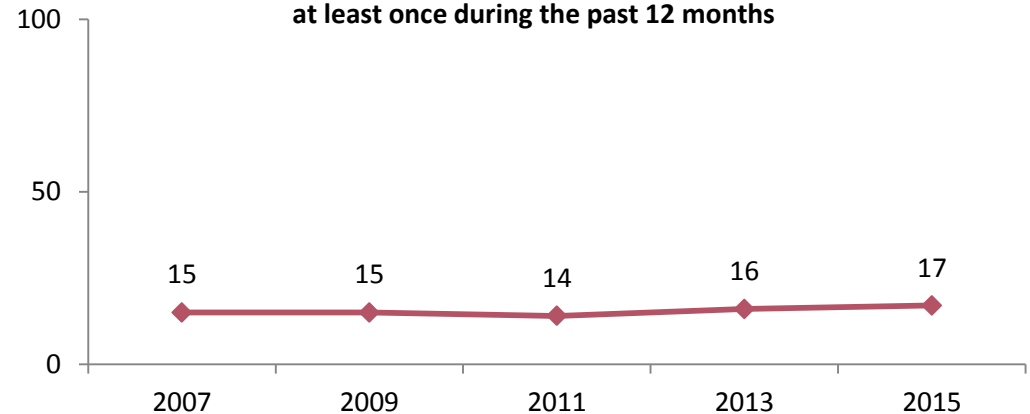
## Self-Harm

- **Overall, 17% of students reported hurting themselves without wanting to die, such as by cutting or burning on purpose, in the past 12 months.**
- Females were more than three times as likely to report purposeful self-harm than males.
- Twelfth graders were significantly less likely to report purposeful harm than students in any other grade. Eleventh graders were also significantly less likely to report purposeful self harm than ninth graders.
- Students reporting purposeful self harm increased significantly from 2013 to 2015.

Percent of students who purposefully hurt themselves without wanting to die, such as cutting or burning on purpose one or more times during the past 12 months



Since 2007, students who purposefully hurt themselves without wanting to die, at least once during the past 12 months

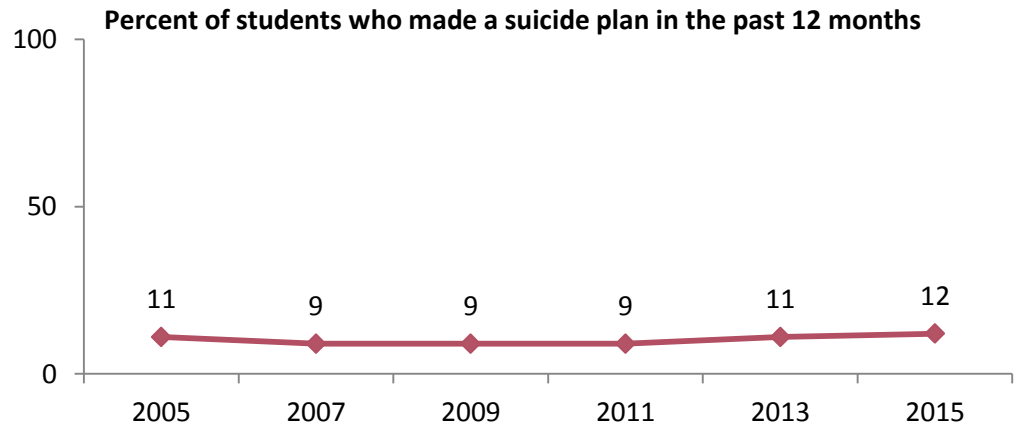




# Suicide

- **In the past 12 months, 24% of all students felt sad or hopeless almost every day for at least two weeks; 12% made a suicide plan.**
- Females were significantly more likely (almost twice as likely) than males to report feeling sad or hopeless, and to make a plan to attempt suicide.
- Twelfth graders were less likely to report making a suicide plan than students in other grades.
- Significantly more students in 2015 reported feeling sad or hopeless everyday than in 2013.
- Following a decrease in the number of students who reported making a suicide plan from 1995 to 2005, students making a suicide plan has significantly increased since 2005 and since 2013.

Percent of students who in the past 12 months:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities	21	24	24	26	24	24	34	15
Made a plan about how they would attempt suicide	11	12	13	13	12	10	16	8



## Suicide

- **In the past 12 months, among all students 6% attempted suicide.**
- **Suicide attempts that resulted in an injury, poisoning, or overdose that had to be treated by doctor or nurse is a Healthy Vermonter 2020 goal. In 2015, 2% of all students reported needing medical treatment following a suicide attempt.**
- Females were twice as likely as males to actually attempt suicide, and to need medical attention after a suicide attempt.
- Twelfth graders were significantly less likely to attempt suicide than ninth and tenth graders. Eleventh grade students were also less likely to attempt suicide than ninth graders.
- There were no differences by grade level for needing medical treatment after attempting suicide.
- Suicide attempts significantly increased between 2013 and 2015.
- The percent of students who reported suicide attempts that required medical attention remains above the Healthy Vermonters Goal of 1%.

Percent of students who in the past 12 months:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Actually attempted suicide, past 12 months	5	6	7	6	5	5	8	4
Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by doctor or nurse	---	2	2	2	2	2	3	1

Suicide attempts that resulted in an injury, poisoning, or overdose that had to be treated by doctor or nurse was included in the 2015 survey. It had been previously asked in 2009.

\* Healthy Vermonters 2020 Goals can be found at: <http://healthvermont.gov/hv2020/>

## Intimate Relationship and Sexual Abusive Behavior

- **Overall, 64% of students reported that they had dated someone in the past year.**
- **Of the students who dated, 9% of students were physically hurt by someone they were dating in the past year.**
- Females were more likely to report being physically hurt than males. There were no differences by grade.
- **Among all students, 7% have ever been physically forced to have sexual intercourse when they did not want to.**
- Twelfth graders were more likely than younger students, and eleventh and tenth graders were more likely than ninth graders to report being forced to have sex.
- Females were more than three times as likely as males to report being forced to have sex.

Percent of students who:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Physically hurt by someone they were dating or going out with during the past 12 months, among those who dated	9	9	8	9	9	9	11	7
Have ever been physically forced to have sexual intercourse when they did not want to	6	7	5	6	7	8	10	3

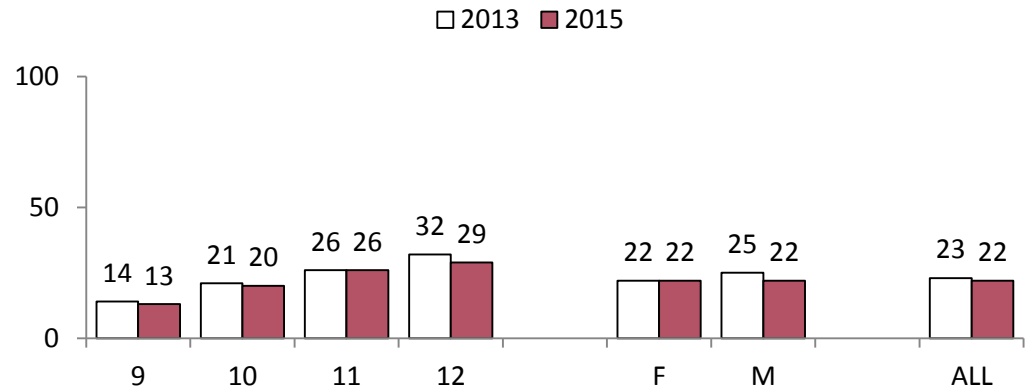
## Riding with an Impaired Driver

- **One in five students (20%) reported riding with a driver who had been drinking in the past 30 days. Overall, 22% of students rode in a car or other vehicle in the past 30 days with someone who was using marijuana.**
- Riding with someone using marijuana increased significantly through all grade levels.
- There were no gender differences among those riding in a car with someone who had been drinking alcohol or using marijuana.
- Riding with a driver who had been using marijuana decreased significantly between 2013 and 2015. There was no difference in riding with a driver who had been drinking during this time.

Percent of students who rode in a car or other vehicle driven by someone who had been drinking alcohol, one or more times during the past 30 days



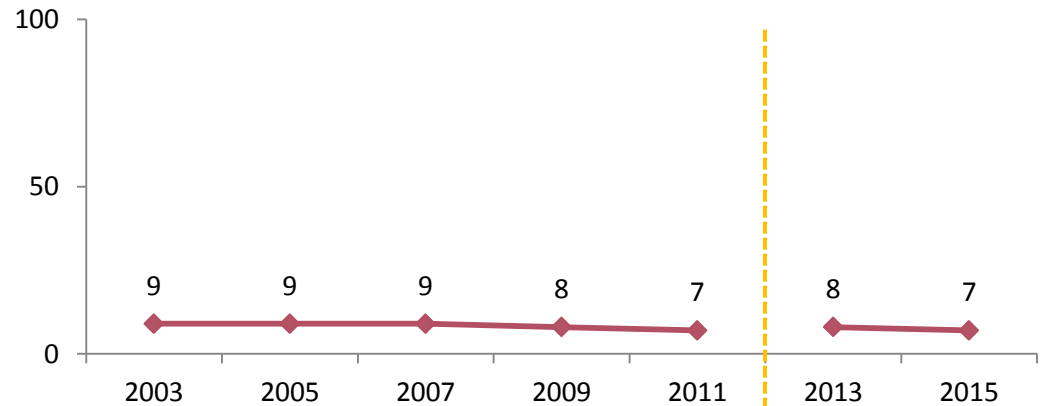
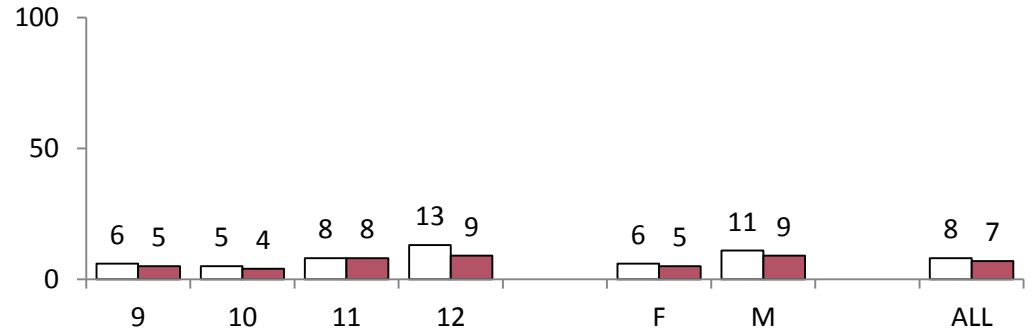
Percent of students who rode in a car or other vehicle driven by someone who had been smoking marijuana, one or more times during the past 30 days



## Driving Under the Influence of Alcohol

- **Overall, 7% of students who drove, reported driving after drinking in the past 30 days.**
- Males were significantly more likely than females to drive after drinking.
- Eleventh and twelfth graders were more likely than ninth and tenth graders to report driving after drinking alcohol.
- Drinking and driving decreased significantly between 2013 and 2015.

Percent of students who drove a car or other vehicle when they had been drinking alcohol, one or more times during the past 30 days (among those who drove)  
 □ 2013 ■ 2015

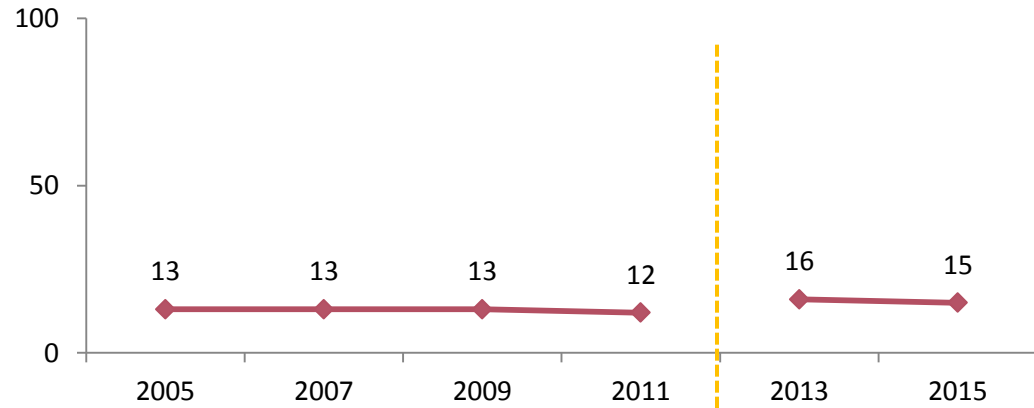
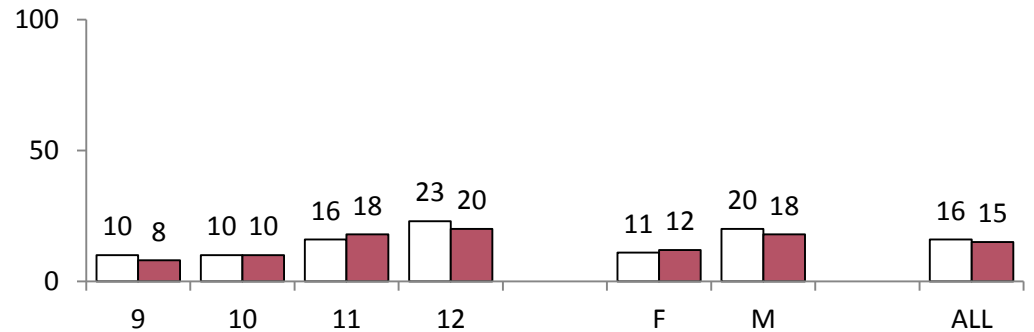


NOTE: A response of “ I did not drive a car or other vehicle during the past 30 days” was added to the questionnaire in 2013. Therefore, comparison to previous years should be made with caution.

## Driving Under the Influence of Marijuana

- **Among students who drove a car in the past 30 days, 15% reported driving after using marijuana.**
- Males were significantly more likely than females to drive under the influence of marijuana.
- Driving after using marijuana increased significantly between tenth, eleventh, and twelfth grades. Eleventh and twelfth graders were nearly two times as likely than ninth and tenth graders to report driving while under the influence of marijuana.
- Driving under the influence of marijuana did not change between 2013 and 2015.

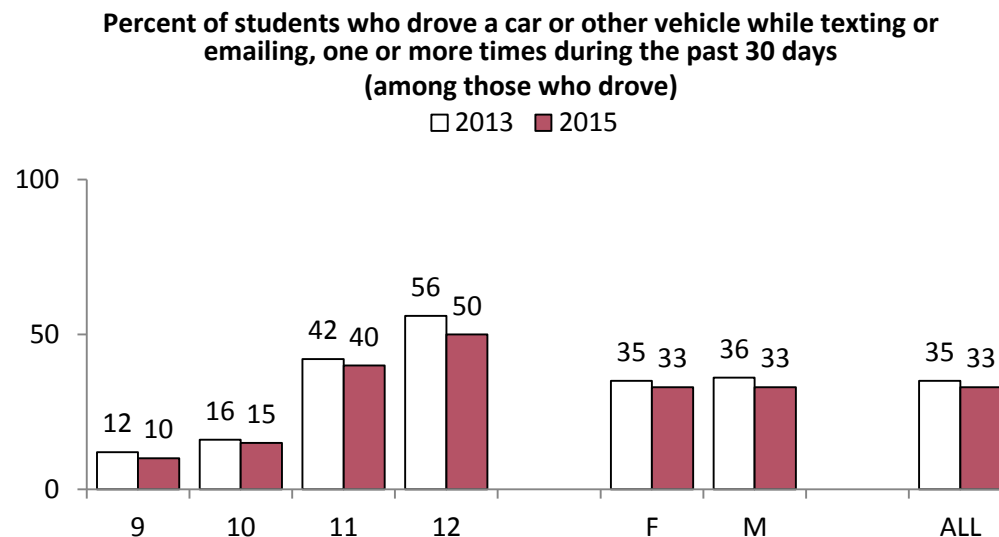
Percent of students who drove a car or other vehicle when they had been smoking marijuana, one or more times during the past 30 days (among those who drove)  
 □ 2013 ■ 2015



NOTE: A response of “ I did not drive a car or other vehicle during the past 30 days” was added to the questionnaire in 2013. Therefore, comparison to previous years should be made with caution.

## Driving While Texting or Using Email

- **Among those who drove a car or other vehicle during the last 30 days, a third reported texting or emailing at least once.**
- Driving while texting significantly increased as grade increased. By twelfth grade, 50% of students who drove reported texting or emailing at least once during the last 30 days.
- Among current drivers, 6% of students texted or emailed while driving a car on at least 20 of the last 30 days.
- Texting while driving significantly decreased between 2013 and 2015.



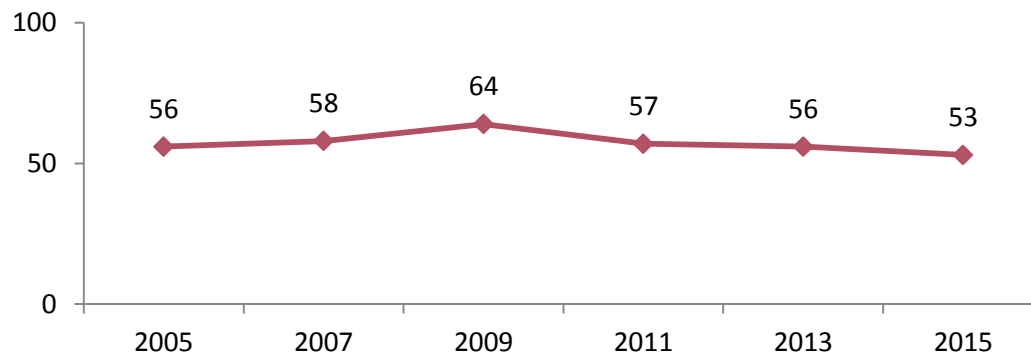
NOTE: A response of “ I did not drive a car or other vehicle during the past 30 days” was added to the questionnaire in 2013. Therefore, comparison to previous years should be made with caution.

## Bicycle Helmet Use

- Overall, 69% of all students rode a bicycle during the past 12 months.
- Among bicycle riders, 34% always or most of the time wore a helmet while riding a bicycle, about half rarely or never wore a helmet.
- Never or rarely wearing a bicycle helmet was significantly higher among males than females.
- Ninth grade students were significantly less likely than older students to never or rarely wear a helmet.
- The percent of students rarely or never wearing a bicycle helmet decreased significantly between 2013 and 2015.

Percent of bicycle riders who, in the past 12 months, wore a helmet:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Always	18	19	20	18	19	21	21	18
Most of the time	14	15	18	16	13	14	16	14
Sometimes	12	12	14	12	13	10	13	12
Rarely or never	56	53	48	54	55	56	49	56

Percent of students who rarely or never wore a bicycle helmet





## Sun Exposure

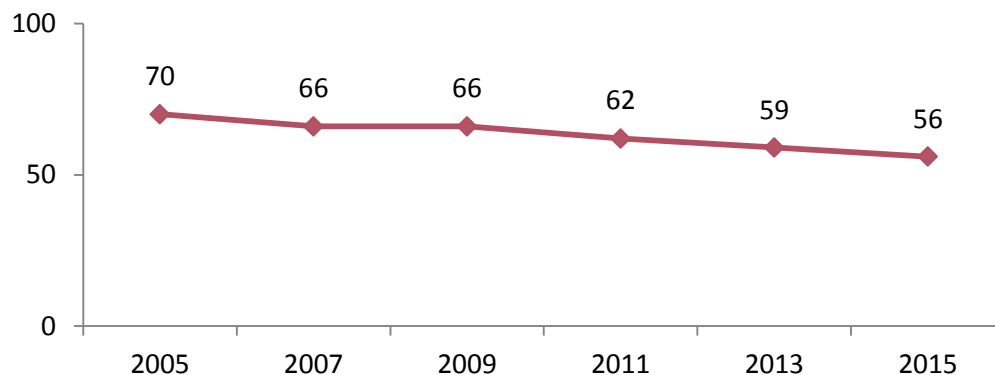
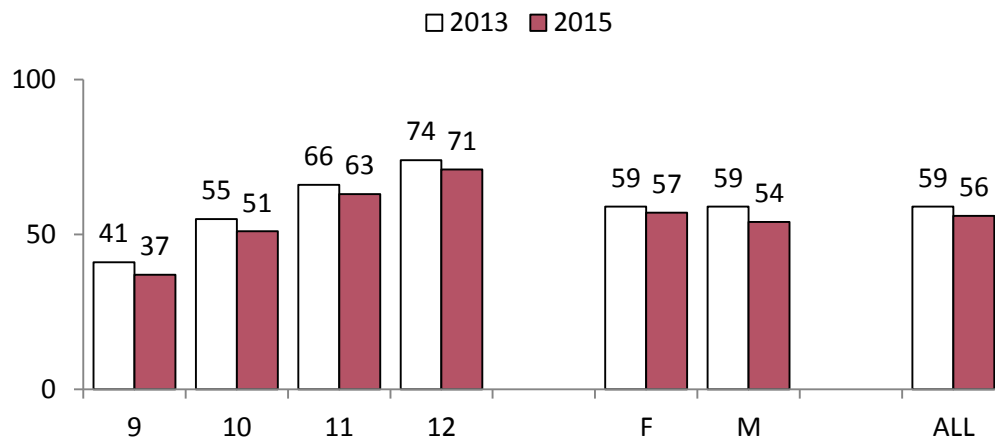
- **During the past 12 months, 65% of students reported having at least one sunburn after being outside in the sun or using an indoor tanning device, 11% of students had five or more sunburns during the last 12 months.**
- **During the last 12 months, 4% of students used an indoor tanning device such as a sunlamp, sunbed, or tanning booth.**
- Female students were significantly more likely than males to report having at least one sunburn or using an indoor tanning device during the past 12 months.
- Twelfth grade students were more likely than ninth graders to report having a sunburn in the last year. The use of indoor tanning devices increased significantly with each grade level.

Percent of students who in the past 12 months:	All	Grade				Gender	
	2015	9	10	11	12	F	M
Had a sunburn	65	63	65	65	67	72	59
Used an indoor tanning device such as a sunlamp, sunbed, or tanning booth	4	2	3	4	6	5	3

## Lifetime Alcohol Use

- **Overall, 56% of students reported ever drinking alcohol.**
- Lifetime alcohol use increased significantly with each grade.
- Females were more likely than males to report ever having any alcohol.
- Lifetime alcohol use decreased significantly since 2005 and from 2013 to 2015.

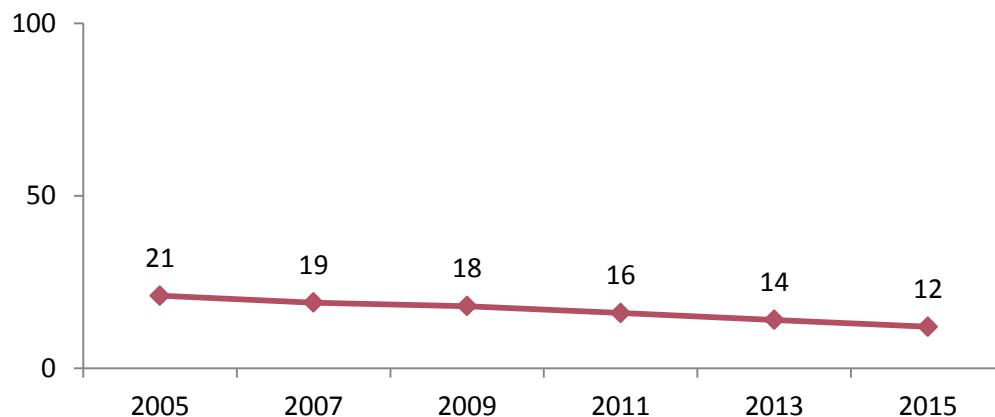
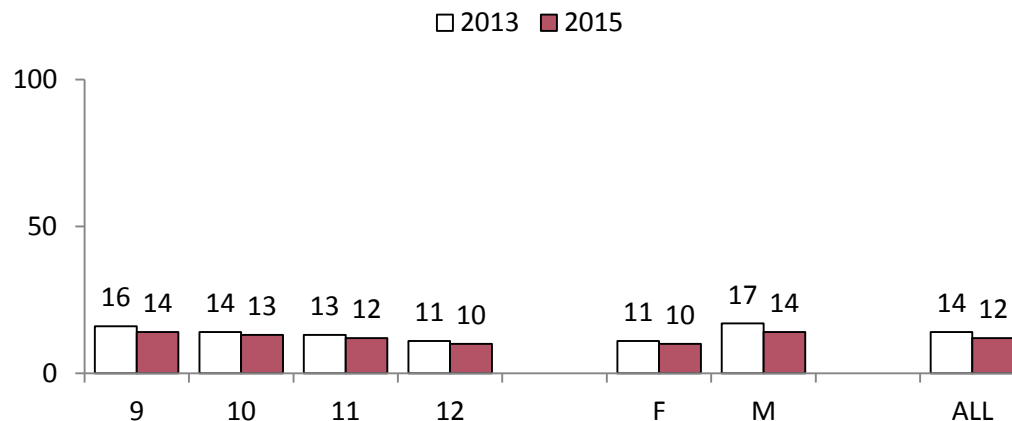
Percent of students who ever drank alcohol other than a few sips



## Alcohol Use Before Age 13

- **Overall, 12% of students reported drinking alcohol before age 13.**
- Males were more likely than females to report drinking alcohol before age 13.
- Twelfth graders were significantly less likely to report drinking before age 13 than students in lower grades.
- Alcohol use before age 13 declined significantly from 2013 to 2015.

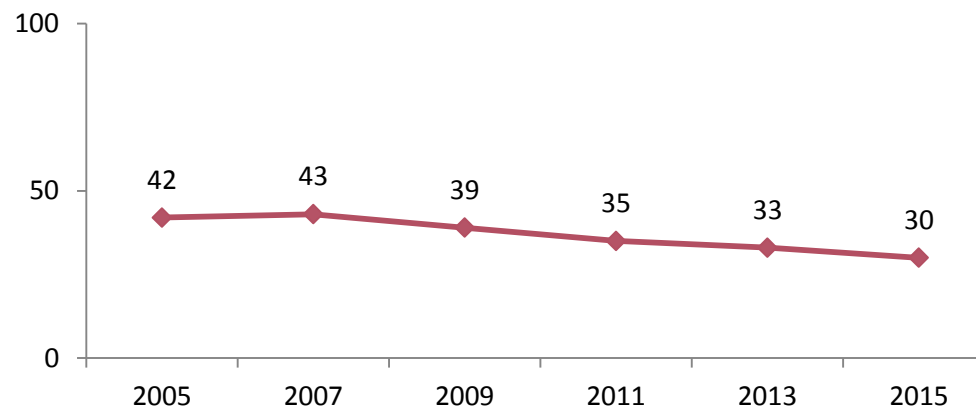
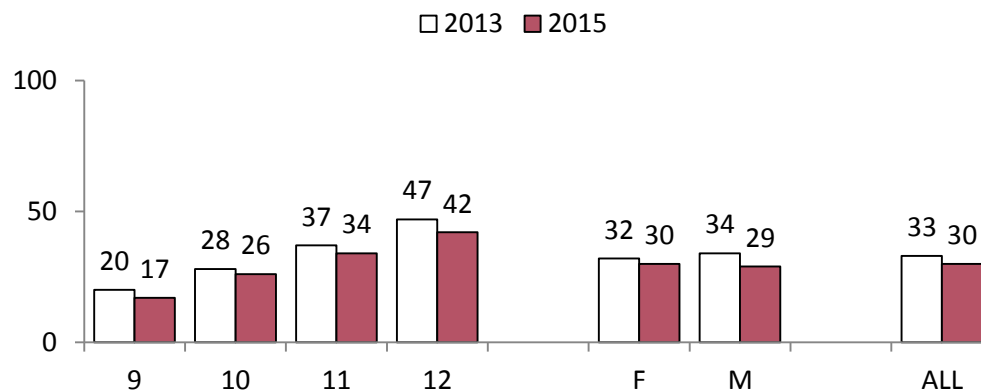
Percent of students who drank alcohol, other than a few sips, before age 13



## Current Alcohol Use

- **Nearly a third of students (30%) of students drank alcohol in the past 30 days.**
- There were no differences by gender for currently drinking alcohol.
- Current alcohol use increased significantly with each grade.
- Alcohol use in the past 30 days declined significantly from 2005 to 2015 and from 2013 to 2015.

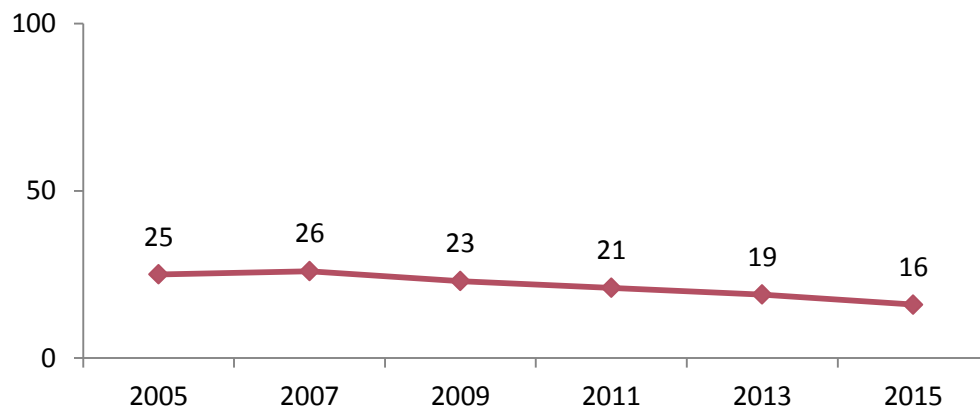
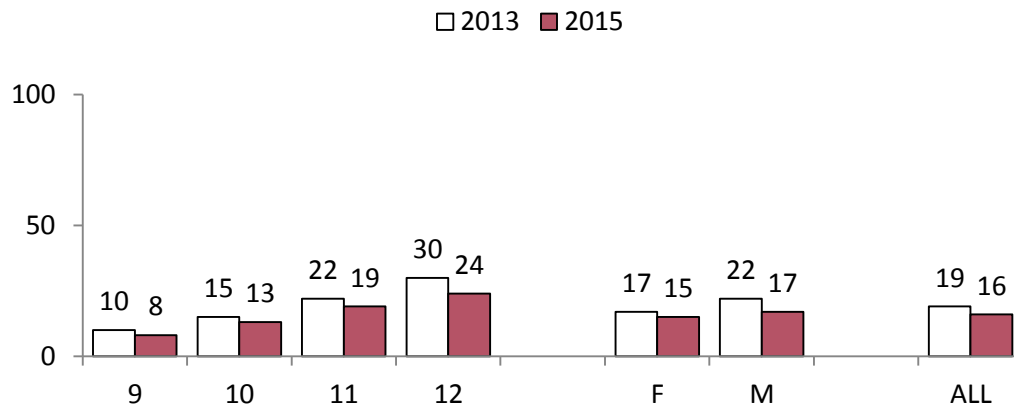
Percent of students who consumed at least one drink of alcohol on one or more days during the past 30 days



## Binge Drinking

- **One in six students (16%) reported binge drinking, or having five or more drinks of alcohol in a row, and within a couple of hours, during the past 30 days.**
- Males were significantly more likely than females to report binge drinking
- Binge drinking increased significantly with each increasing grade. Twelfth graders were three times as likely as ninth graders to report binge drinking.
- Binge drinking declined significantly from 2005 to 2015, and from 2013 to 2015.

Percent of students who had five or more drinks of alcohol in a row, on one or more of the past 30 days



## Frequency of Alcohol Use Among Current Drinkers

- **Among students who reported drinking during the past 30 days, about half drank on 1 or 2 days, 37% of students drank on three to nine days, and 12% drank on 10 or more days.**
- Males were more likely than females to drink on ten or more days during the month. Females were more likely than males to report drinking only 1 or 2 times during the past 30 days.
- Eleventh and twelfth graders were significantly less likely to report drinking on 1-2 days during the past month.

Percent of current drinkers who in the past 30 days:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Drank on 1 or 2 days	48	51	55	57	49	47	55	47
Drank on 3 to 9 days	39	37	33	34	40	40	36	38
Drank on 10 or more days	13	12	11	9	11	13	9	15

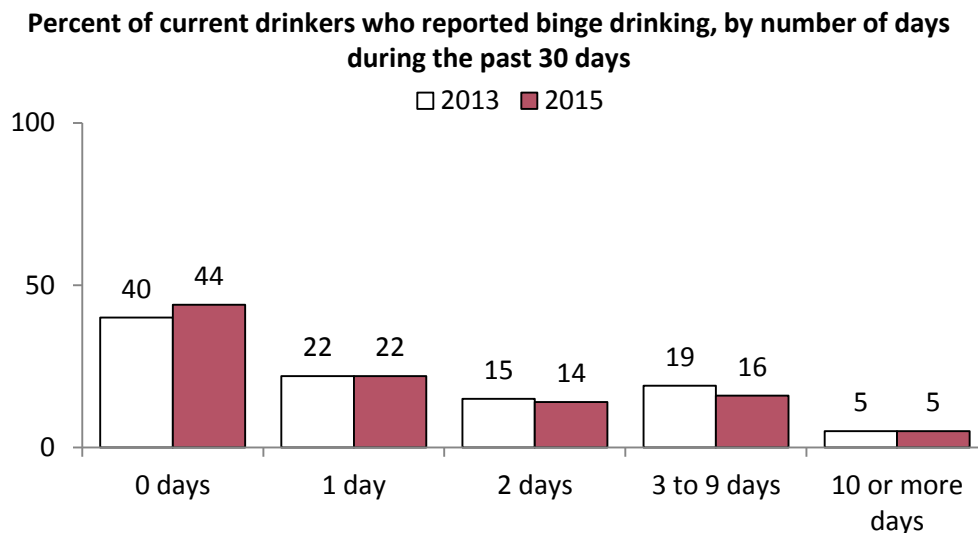
## Amount of Alcohol Consumed by Current Drinkers

- **Overall, a third of current drinkers reported that largest number of drinks consumed in a row during the past 30 days was 1 to 2 drinks. Half of current drinkers reported that they consumed at least five drinks in one sitting.**
- Females were more likely than males to report having 1 to 2 drinks while males were significantly more likely than females to have five or more drinks and ten or more drinks within a couple of hours.
- Younger students were more likely than older students to report the highest number of drinks consumed in one sitting was one or two.
- Consuming five or more drinks significantly increased through eleventh grade.
- Between 2013 and 2015, reported consumption of 1 or 2 drinks as the greatest amount increased significantly, while consumption of five or more drinks decreased significantly.

Greatest number of drinks consumed by current drinkers during the past 30 days:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
1 or 2 drinks	33	36	48	40	33	32	40	32
3 to 4 drinks	18	19	19	20	18	19	23	16
5 or more drinks	50	45	33	40	49	49	38	52

## Frequency of Binge Drinking Among Current Drinkers

- **Less than half of current drinkers (44%) did not binge drink during the previous 30 days. Overall, 22% of current drinkers reported binge drinking on one of the previous 30 days, 14% binge drank on two days, 16% binge drank on three to nine days, and 5% of current drinkers binge drank on 10 or more days.**
- Males were significantly more likely than females to binge drink on 3 or more days in the last month.
- Among those who drink, ninth and tenth graders were significantly more likely to report not binge drinking than eleventh and twelfth graders.





## Usual Source of Alcohol for Drinkers Among Current Drinkers

- Overall, 40% of students who drank in the past 30 days reported their usual source of alcohol as “someone gave it to me”, followed by “giving money to someone else” to buy it (24%). Fewer were able to directly buy it from a store, bar, or other event.
- Females were significantly more likely to report that someone gave them alcohol. Males were significantly more likely to report purchasing it in a store.
- Twelfth graders were significantly more likely to purchase alcohol than younger students. Giving someone money significantly increased from ninth to tenth to eleventh grade.
- Ninth graders were significantly more likely than older students to take it from a store or family member.

Of students who drank in the past 30 days, percent who reported their usual source of alcohol as:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Purchasing from a store or supermarket	3	3	2	2	3	4	1	5
Purchasing at a public event, such as a concert, restaurant, bar or club	1	2	1	1	1	2	1	2
Giving money to someone else to purchase	26	24	12	18	28	29	24	24
Someone giving it to them	38	40	36	41	41	43	46	35
Taking it from a store or family member	10	12	24	15	9	7	12	11
Some other way	--	19	26	23	18	15	16	22

## Primary Location of Alcohol Consumed by Drinkers

- **Nine out of every ten students who reported drinking during the past 30 days usually drank alcohol in their home or another person's home. Most (55%) did so in another person's home.**
- Females were significantly more likely than males to report drinking at another person's home.
- Younger students were more likely to drink at home compared to older students. Older students were more likely to drink in another person's home than younger students.

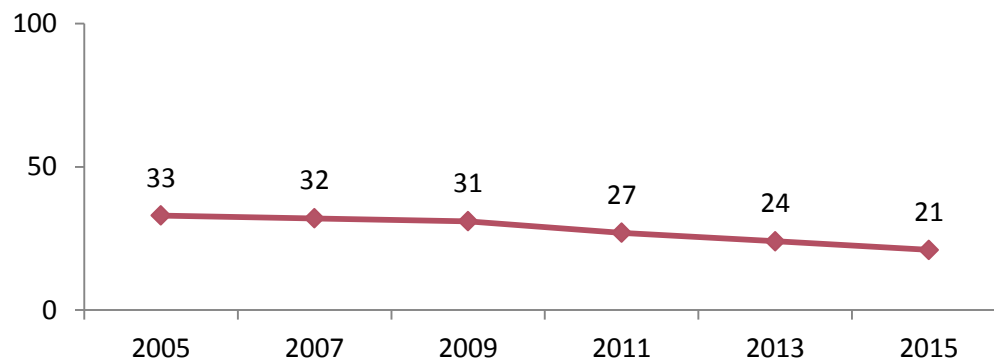
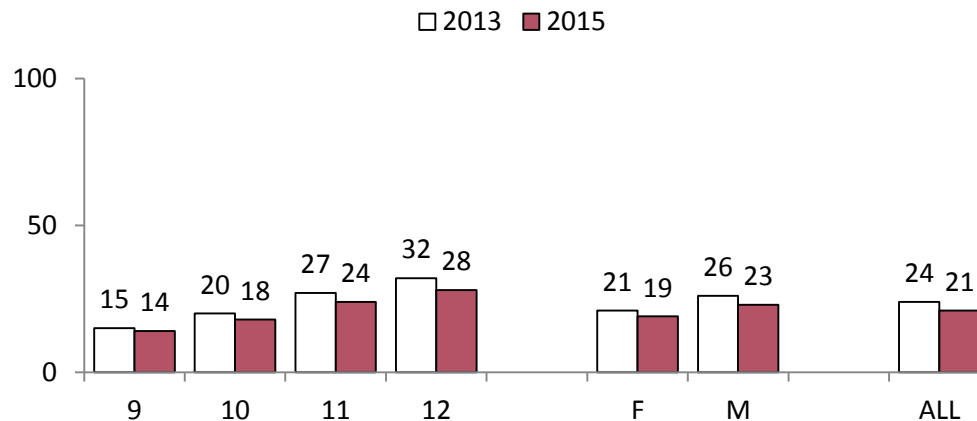
Of students who drank in the past 30 days, percent of students who usually drank:	All	Grade				Gender	
	2015	9	10	11	12	F	M
At my home	34	46	37	32	30	34	34
At another person's home	55	43	53	58	60	58	53
While in a vehicle	3	3	2	2	2	2	3
At a restaurant, bar, or club, public place, or public event	5	5	5	6	5	4	7
On school property	2	3	2	2	2	2	3

NOTE: This was a new question in 2015

## Lifetime Cigarette Use

- **Overall, 21% of students reported ever having smoked a whole cigarette.**
- Male students were more likely than female students to report ever smoking a cigarette.
- Lifetime cigarette use increased significantly with each grade.
- Lifetime cigarette use has been declining since 2005. It continued to significantly decrease from 2013 to 2015.

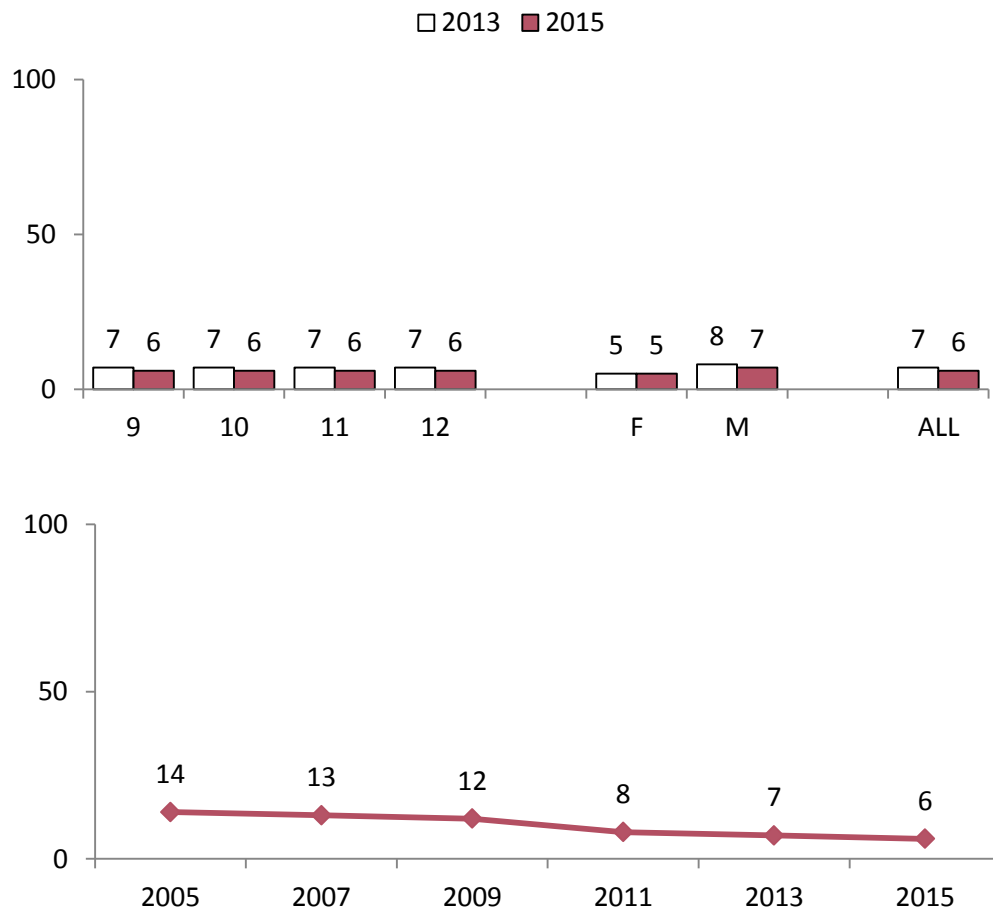
Percent of students who have ever smoked a whole cigarette



## Cigarette Use Before Age 13

- **Overall, 6% of students reported smoking a whole cigarette before age 13.**
- Males were more likely than females to report cigarette use before age 13. There were no differences by grade.
- Smoking before age 13 has decreased since 2005, and changed significantly from 2013 to 2015.

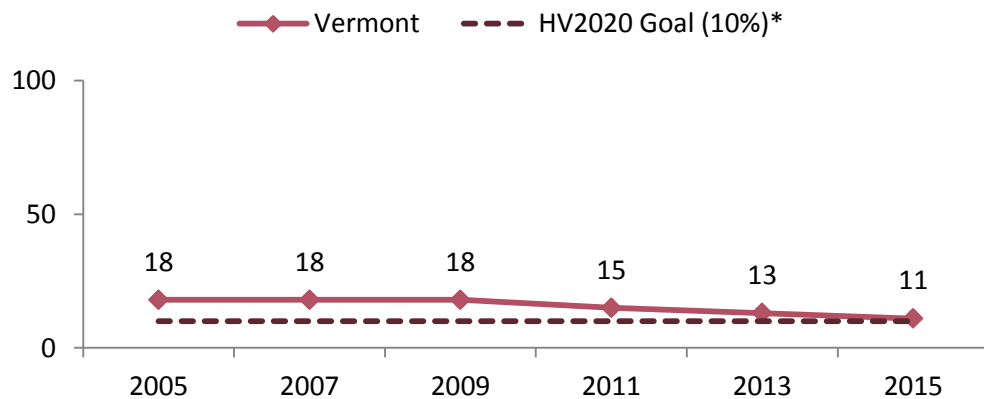
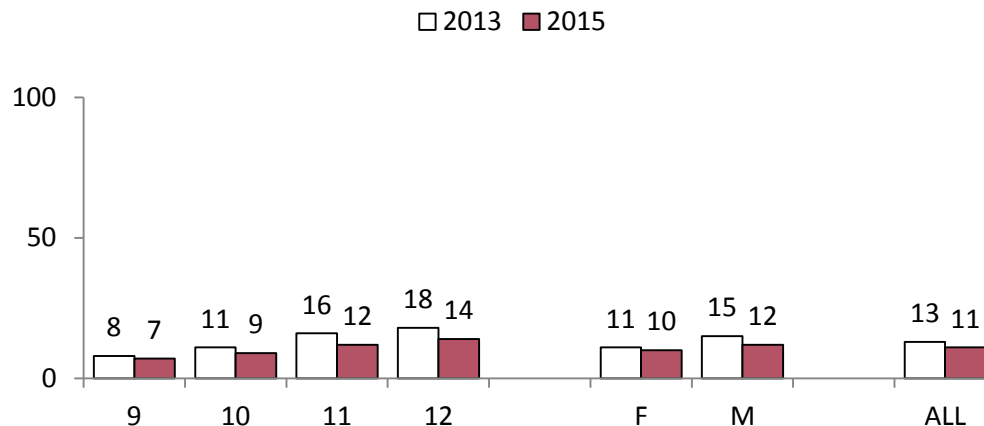
Percent of students who smoked a whole cigarette before age 13



## Current Cigarette Use

- **Of all students, 11% reported smoking at least once during the past 30 days.**
- Females were less likely than males to report past 30 day cigarette use.
- Eleventh and twelfth graders were more likely to smoke in the past 30 days than ninth and tenth graders. Tenth grade students are also more likely to smoke than students in ninth grade.
- Past 30 day cigarette use decreased significantly from 2013 to 2015, and from 2005 to 2015.

Percent of students who smoked cigarettes on one or more of the past 30 days



\* Healthy Vermonters 2020 Goals can be found at: <http://healthvermont.gov/hv2020/>

## Frequency Smoking Among Current Smokers

- **Overall, 37% of students who currently smoke did so on 20 or more of the past 30 days and 28% smoked daily.**
- Females were significantly more likely than males to report smoking on 1-2 days as were ninth graders compared to twelfth graders.
- There were no gender differences among current smokers who smoked on 20 or more days.
- Eleventh and twelfth grade students were more likely than ninth graders to smoke on at least 20 days. Twelfth grade students were also more likely than tenth graders to report smoking on 20 or more days.

Percent of current smokers who in the past 30 days:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Smoked on 1-2 days	26	29	35	31	29	26	32	26
Smoked on 20 or more days	40	37	27	33	37	41	34	39

## Amount of Cigarettes Smoked Among Current Smokers

- **On the days students smoked, 11% smoked more than half a pack of cigarettes, 6% smoked more than a full pack.**
- **About half (44%) of current smokers smoked one cigarette or less; 26% smoked less than one and 18% smoked one cigarettes on the days they smoked.**
- There were no gender differences in the amount of cigarettes smoked.
- Twelfth graders were more likely than eleventh graders to smoke more than a pack a day.

On days smoked, typical number of cigarettes smoked by current smokers	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Smoked 1 cigarette or less	42	44	51	45	43	42	47	42
Smoked 2-10 cigarettes	46	44	39	45	48	45	44	45
Smoked 11-20 cigarettes (half a pack to a pack)	7	5	4	5	5	6	4	6
Smoked more than a pack a day (20+ cigarettes)	5	6	7	4	4	8	5	7

## Usual Source of Cigarettes Among Current Smokers Under Age 18

- **Among students who smoked in the past 30 days and were under the age of 18, 29% had someone else buy cigarettes, 39% borrowed or bummed cigarettes, and 9% bought cigarettes at a store or gas station. Few students reported buying cigarettes on the Internet.**
- Females were significantly less likely than males to buy cigarettes in a store.
- Students in ninth and tenth grade were significantly less likely to buy cigarettes in a store compared to students in eleventh and twelfth grades.
- Students in ninth grade were more likely to report taking cigarettes from a store or family member than older students.

Of students who smoked in the past 30 days, percent who report their usual source of cigarettes as:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Store or gas station	7	9	4	5	11	12	4	12
Internet <sup>a</sup>	--	2	1	3	1	2	1	2
Someone else bought them	31	29	27	26	31	32	30	28
Borrowed / bummed them or person over 18 gave them to me	41	39	37	41	39	41	45	34
Took them from store/family	6	8	16	9	5	3	9	7
Some other way	14	14	15	18	12	11	10	17

NOTE:<sup>a</sup>This option was new in 2015. It replaced obtaining cigarettes from vending machines.

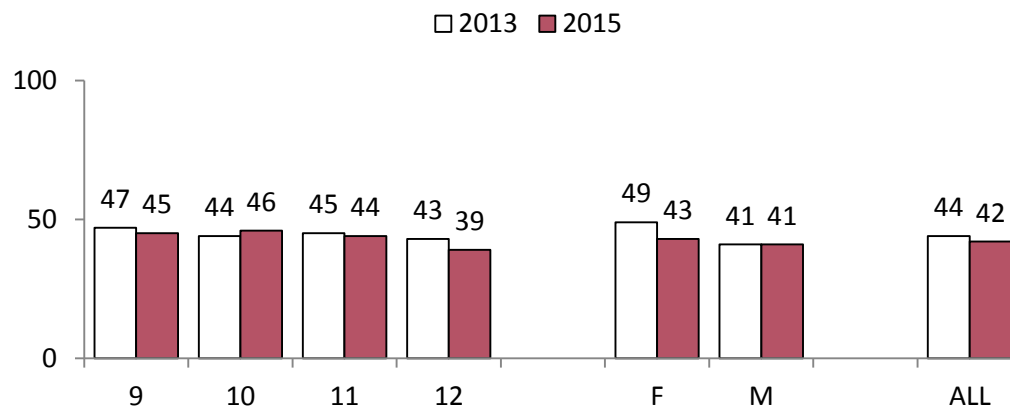
NOTE: Previous reports have included the primary source among those 18 years or older. Most students over 18 purchase cigarettes in stores or gas station legally, thus were not included in this analysis.



## Attempts to Quit Among Current Smokers

- **Among students who reported smoking in the past 30 days, 42% tried to quit in the past 12 months.**
- There were no gender or grade differences among current smokers who attempted to quit smoking during the past 12 months.
- The percentage of students who attempted to quit smoking did not change significantly from 2013 to 2015.

Among students who reported smoking in the past 30 days, the percent who tried to quit smoking cigarettes in the past 12 months



## Use of Electronic Vapor Products (e-cigarettes)

In 2015, questions about using electronic vapor products was added to the Survey. These products were described to include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens such as blu, NJOY, or Starbuzz.

- **Overall, 30% of students have ever used electronic vapor products. During the last 30 days, 15% of all students reported using electronic vapor products.**
- Males were significantly more likely than females to have ever used or to currently use electronic vapor products.
- Lifetime electronic vapor product use increased significantly with each grade level. Current use increased significantly through eleventh grade.

Percent of students who:	All	Grade				Gender	
	2015	9	10	11	12	F	M
Ever used electronic vapor products	30	18	28	35	39	27	33
Used electronic vapor products on one or more of the past 30 days	15	10	14	17	19	13	18

NOTE: This was a new question in 2015

## Use of Flavored Tobacco Products

- **Nearly a quarter (24%) of students have tried a tobacco product flavored to taste like menthol (mint), clove, spice, alcohol (wine or cognac), candy, fruit, chocolate, or other sweets. 6% of students tried a flavored tobacco product before the age of 13.**
- Males were significantly more likely than females to have ever tried a flavored tobacco product and to have tried them before the age of 13.
- Ever trying a flavored tobacco product significantly increases with each grade. Use of a flavored tobacco product before age 13 was significantly higher among ninth and eleventh graders, compared with twelfth grade students.

Percent of students who:	All	Grade				Gender	
	2015	9	10	11	12	F	M
Ever tried a flavored tobacco product	24	15	21	29	32	20	28
Tried a flavored tobacco product before the age of 13	6	6	5	6	5	4	7

NOTE: This was a new question in 2015

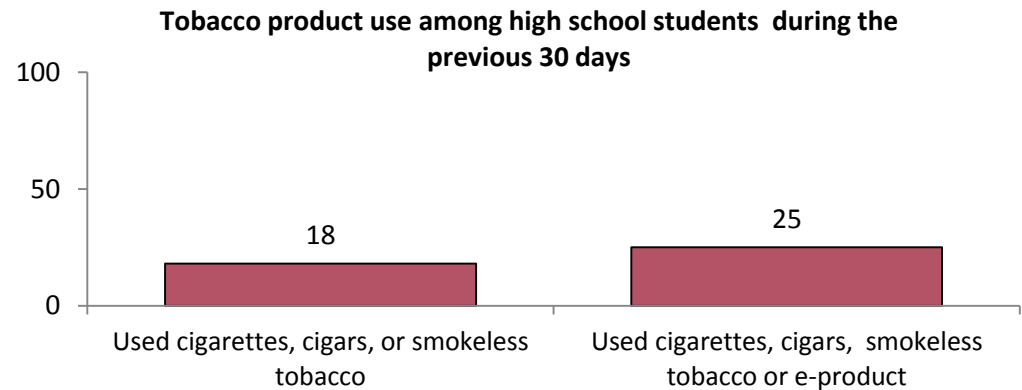
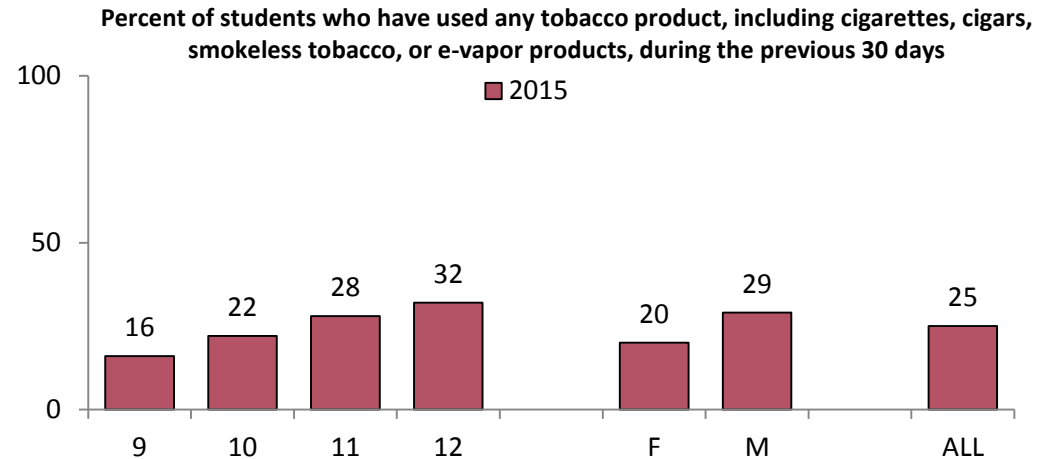
## Other Tobacco Use

- **Overall, 7% of students reported using chewing tobacco, snuff, or dip such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen during the past 30 days.**
- Males were significantly more likely than females to use smokeless tobacco.
- Eleventh and twelfth graders were more likely than younger students to use smokeless tobacco.
- **Overall, 10% of all students, smoked cigars, cigarillos, or little cigars in the past 30 days.**
- Males were significantly more likely than females to smoke cigars.
- Smoking cigars increased significantly with each grade.
- The percent of students who currently use smokeless tobacco or smoke cigars significantly decreased since 2013.

Percent of students who:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Used smokeless tobacco such as chewing tobacco, snuff, or dip on one or more of the past 30 days	8	7	5	6	8	8	3	11
Smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	13	10	5	8	12	16	6	14

## Use of Tobacco Products

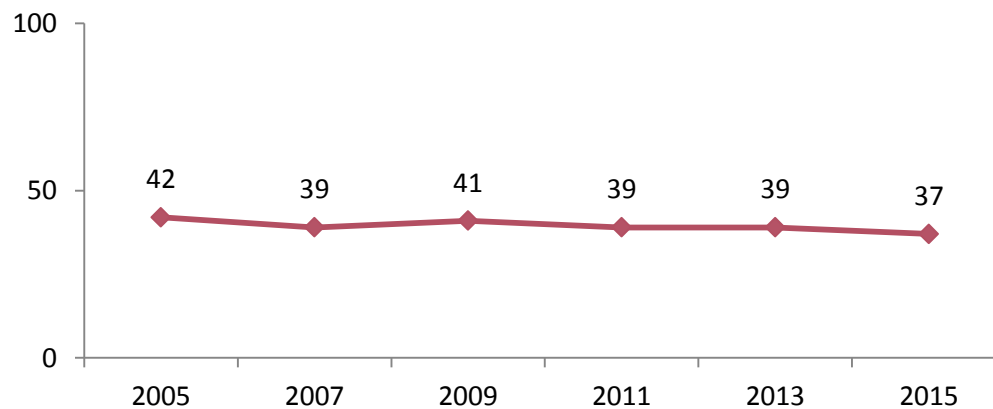
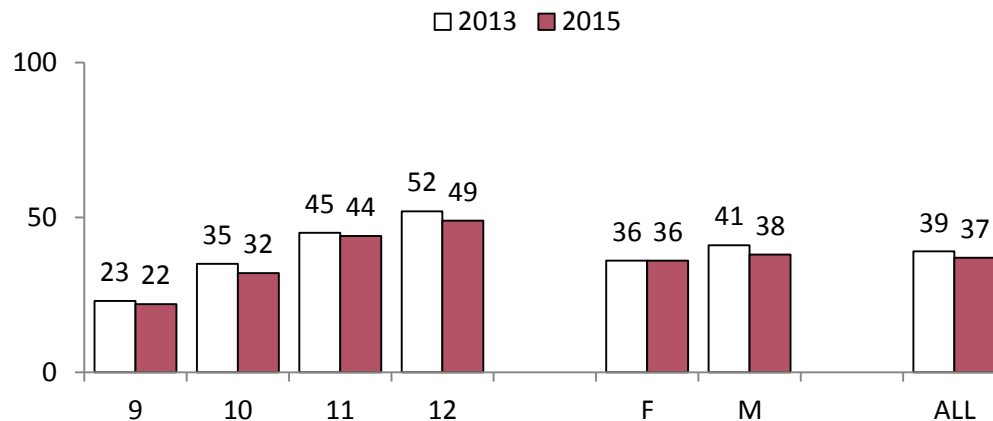
- **Overall, 18% of students used cigarettes, cigars, or smokeless tobacco on at least one day during the previous 30 days.**
- **A quarter of students reported using any tobacco product in the past 30 days. This includes electronic vapor as well as cigarettes, smokeless tobacco, or cigars.**
- Males were significantly more likely than females to use any tobacco product at least once during the previous 30 days.
- Use of tobacco products including electronic vapor products increased with each grade.



## Lifetime Marijuana Use

- **Overall, 37% of students have ever used marijuana.**
- Lifetime marijuana use was significantly higher among males than females and increased significantly with each increasing grade.
- Lifetime marijuana use changed significantly from 2013 to 2015.

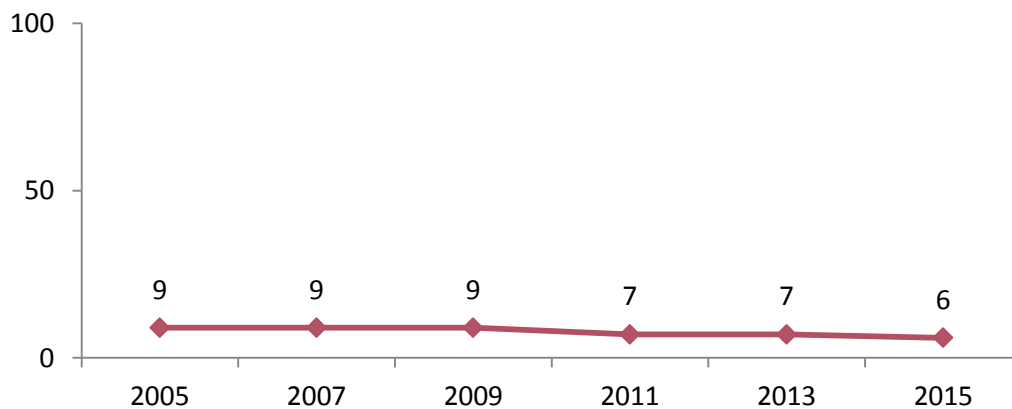
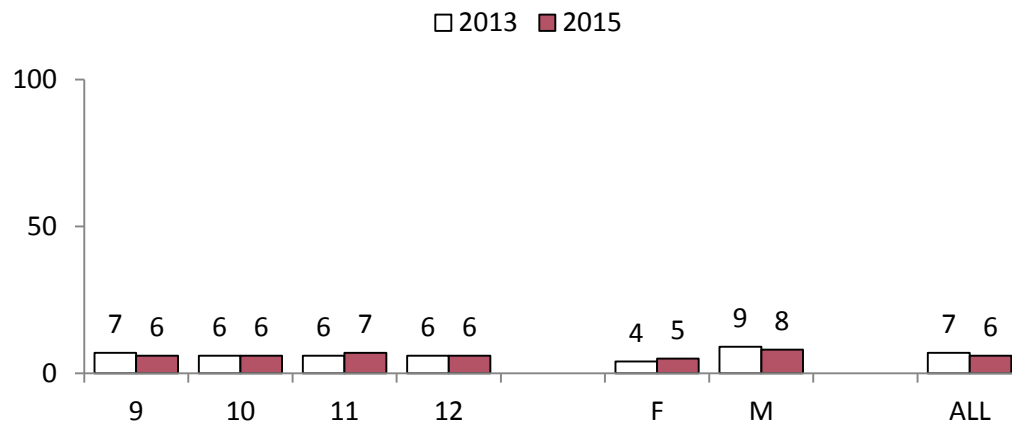
Percent of students who have ever used marijuana



## Marijuana Use Before Age 13

- **Overall, 6% of students used marijuana before age 13.**
- Males were significantly more likely to report using marijuana before age 13 than females.
- There were no significant differences by grade.
- Use of marijuana before age 13 has not significantly changed.

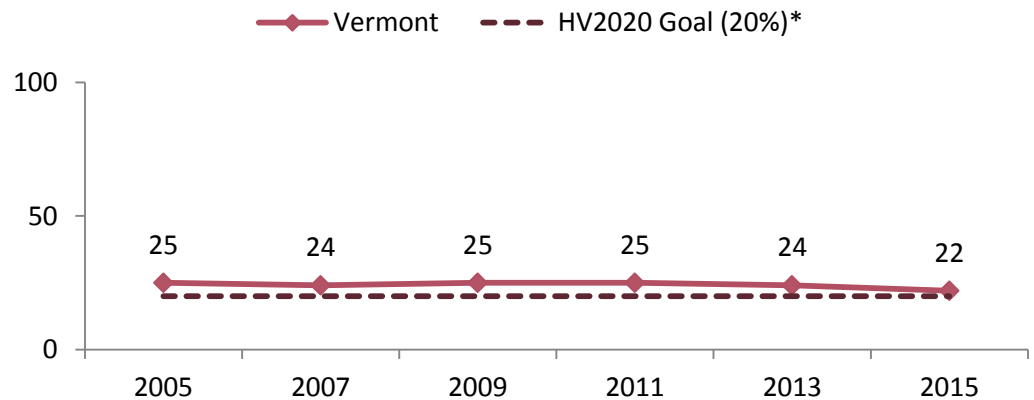
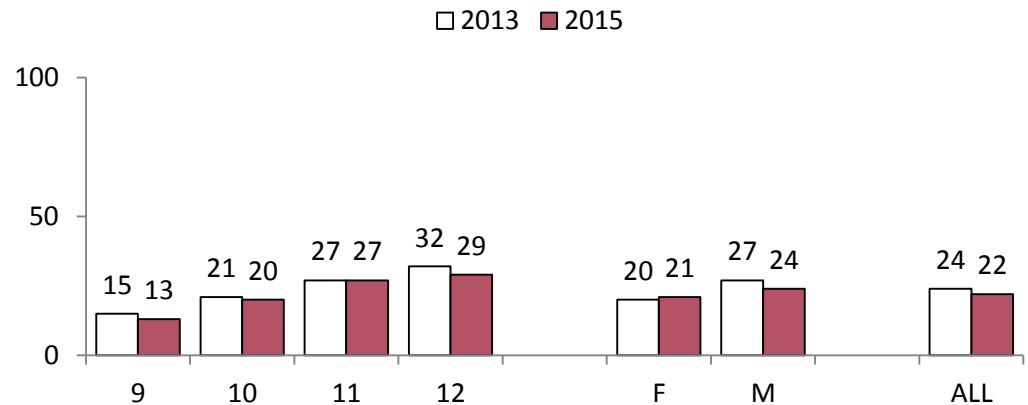
Percent of students who used marijuana before age 13



## Marijuana Use in the Past 30 Days

- **Just over one in five students (22%) used marijuana at least one time during the past 30 days.**
- Males were significantly more likely to use marijuana than females.
- Current marijuana use increased significantly from ninth through eleventh grade.
- Current marijuana use decreased significantly from 2013 to 2015.
- Current marijuana use remains above the Healthy Vermonters 2020 goal of 20%.

Percent of students who used marijuana one or more times during the past 30 days



\* Healthy Vermonters 2020 Goals can be found at: <http://healthvermont.gov/hv2020/index.aspx>



## Frequency of Marijuana Use Among Current Users

- **In the past 30 days, nearly a third (31%) of current users smoked marijuana one or two times, almost half (45%) used it 10 or more times.**
- Using marijuana one or two times and using it ten or more times differed significantly among males and females. Females were more likely to use marijuana less frequently, while males were more likely to use it frequently.
- Likewise infrequent and frequent marijuana use differed among younger and older students.
- Ninth graders were more likely to use marijuana one or twice during the previous 30 days while twelfth graders were more likely to use it 10 or more times.

Percent of current marijuana users who in the past 30 days:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Used marijuana 1 or 2 times	31	31	36	32	30	29	37	26
Used marijuana 3 to 9 times	24	24	24	26	24	23	26	23
Used marijuana 10 or more times	45	45	40	42	46	48	37	52

## Lifetime Prescription Drug Use

- **Overall, 11% of students reported ever taking a prescription pain reliever or stimulant not prescribed to them.**
- Older students were more likely to misuse any prescription drug than younger students.
- Misusing any prescription drug decreased significantly from 2013 to 2015. Prescription pain reliever misuse decreased significantly from 2013 to 2015, but stimulant misuse remained the same.

Percent of students who have ever used:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
The prescription stimulant Ritalin or Adderall not prescribed to them	7	7	4	5	8	9	6	8
A prescription pain reliever such as OxyContin, Vicodin, or other prescription pain reliever not prescribed to them	11	9	6	8	10	10	9	9
Either a prescription stimulant or a prescription pain reliever not prescribed to them	13	11	8	10	13	14	11	12

## Prescription Drug Use in the Past 30 Days

- **During the past 30 days, 5% of students reported taking a prescription pain reliever or stimulant not prescribed to them. Overall, 3% of students reported misusing a prescription stimulant and 4% reported misusing a prescription pain reliever.**
- Males were more likely than females to report taking a prescription stimulant not prescribed to them in the past 30 days.
- Misusing any prescription drug, prescription pain relievers, or prescription stimulants was reported more frequently among older students than younger students.
- Since 2013 there were significant decreases in misusing a prescription drug.

Percent of students who in the past 30 days used:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
The prescription stimulant Ritalin or Adderall not prescribed to them	4	3	2	3	3	4	2	4
A prescription pain reliever such as OxyContin, Vicodin, or other prescription pain reliever not prescribed to them	5	4	3	3	4	4	3	4
Either a prescription stimulant <u>or</u> a prescription pain reliever not prescribed to them	7	5	4	4	5	6	4	5

## Other Drug Use

- **During their lifetime, 5% of students reported ever using cocaine, 7% reported using inhalants, 3% reported using methamphetamines, and 2% reported using heroin.**
- Males were significantly more likely than females to report cocaine, methamphetamine and heroin use.
- Older students are more likely to use cocaine than younger students.
- Students in lower grades are more likely to use inhalants than older students.
- Twelfth graders were more likely than ninth graders to report heroin and methamphetamine use and more likely to report methamphetamine use compared to tenth graders.
- There were no changes in lifetime drug use from 2013 to 2015.

Percent of students who have ever used:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Cocaine	5	5	3	4	5	7	4	6
Inhalants	7	7	7	6	7	5	6	7
Methamphetamines	3	3	2	2	3	3	2	3
Heroin	2	2	2	2	2	3	1	3

## Exposure to Cigarette Smoke

- **Overall, 37% of students were in the same room with someone who was smoking cigarettes during the past seven days, while 27% were in the same car with someone who was smoking.**
- Ninth graders were less likely than older students to be in the same room or car as a smoker.
- Exposure to cigarette smoke in a car or a room in the past week decreased significantly from 2013 to 2015.

Percent of students who during the past 7 days:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Were in the same room with someone who was smoking cigarettes	41	37	34	36	39	38	37	37
Were in the same car with someone who was smoking cigarettes	31	27	25	27	28	28	28	27

## Exposure to Tobacco Messaging

- **Over half of students report seeing an ad for cigarettes or other tobacco products every time or most of the time they go to a convenience store, supermarket, or gas station.**
- Few students report never (8%) or rarely (12%) seeing an ad for tobacco at a store or gas station.
- There were no gender or grade differences among those who reported seeing advertisements for tobacco products at a store.

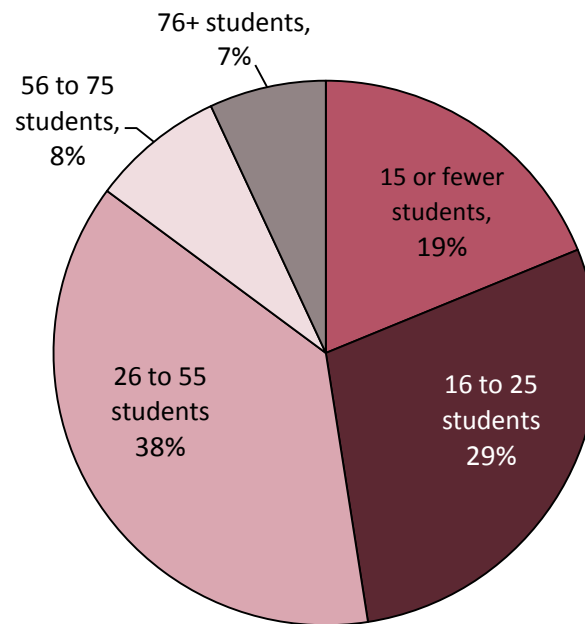
Percent of students who reported seeing an ad for cigarettes or other tobacco products at a convenience store, supermarket, or gas station	All	Grade				Gender	
	2015	9	10	11	12	F	M
Never / Rarely	21	19	19	21	22	19	22
Sometimes	27	27	27	28	28	28	26
Most of the time / Always	52	54	53	52	50	53	51

NOTE: This was a new question in 2015

## Awareness of Students' Smoking

- In 2015, 11% of students reported smoking cigarettes during the past 30 days. When asked, "Out of 100 Vermont high school students, how many do you think smoke cigarettes?" More than four out of five students had misperceptions about smoking, thinking significantly more students smoke.
- Less than a quarter of students (19%) believe that out of 100 students 15 or fewer smoke cigarettes. 7% indicated that they believe more than three out of every four students in Vermont smoked, while 8% believed that 56 to 75 students smoked.

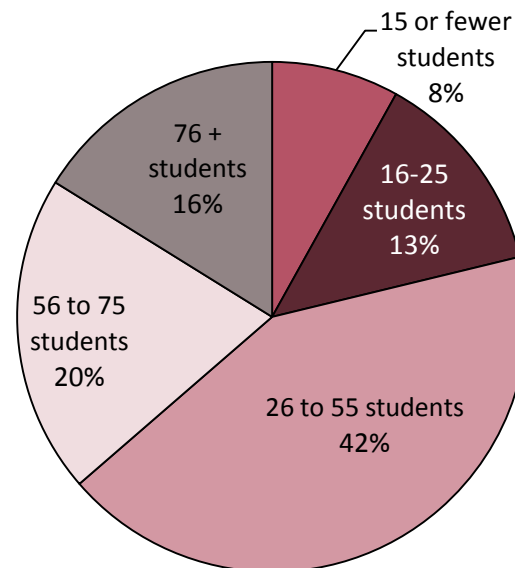
Out of 100 high school students, the perceived percent of others smoking cigarettes



## Awareness of Students' Marijuana Use

- In 2015, 22% of students reported using marijuana during the past 30 days. When asked, “Out of 100 Vermont high school students, how many do you think use marijuana?” four out of five students believed more students use marijuana than actually do.
- Overall, 13% think that 16 to 25 students use marijuana. 8% of students think 15 or fewer students use marijuana.
- Nearly half (42%) think 26 to 55 students use marijuana, 20% think 56 to 75 students use marijuana, and 16% think that more than three quarters of students use marijuana.

The percentage of students who believe that out of 100 Vermont high school students, the number who use marijuana.



NOTE: This was a new question in 2015



## Peer Disapproval of Alcohol, Cigarette, and Marijuana Use

- **Students are more likely to think it is wrong or very wrong for their peers to smoke cigarettes than smoke marijuana, and more likely to think it is wrong or very wrong for peers to smoke marijuana than to drink alcohol.**
- Males were less likely than females to think it is wrong or very wrong for someone their age to smoke cigarettes or smoke marijuana.
- Thinking it is wrong or very wrong for someone their age to smoke cigarettes, drink alcohol or smoke marijuana decreased significantly with each increasing grade.
- Peer disapproval of cigarette smoking and drinking alcohol increased significantly between 2013 to 2015.
- Peer disapproval of smoking marijuana did not change from 2013 to 2015.

Percent of students who think it would be <i>wrong or very wrong</i> for someone their age to:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Smoke cigarettes	75	78	87	84	77	67	80	77
Drink alcohol	49	53	70	58	47	38	54	53
Smoke marijuana	57	56	70	59	51	44	57	55

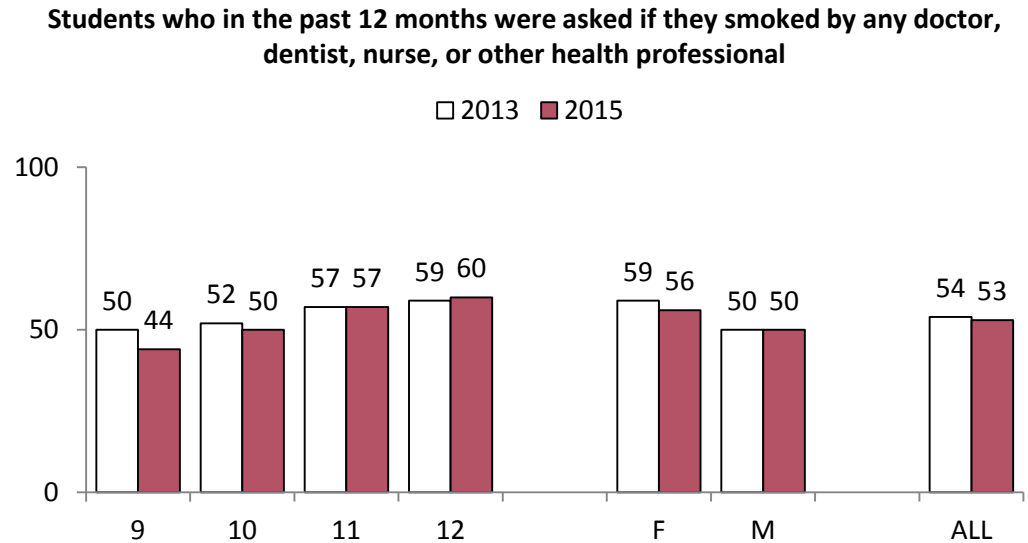
## Parental Disapproval of Alcohol, Cigarette, and Marijuana Use

- **The majority of students think their parents would think it is wrong or very wrong for them to use cigarettes, alcohol, or marijuana.**
- Males were significantly less likely than females to report parental disapproval for cigarette, alcohol and marijuana use.
- With each increasing grade, students were significantly less likely to believe their parents would disapprove or think it is wrong to drink alcohol or to use marijuana. Perceived parental disapproval of cigarette smoking decreased from tenth through twelfth grade.
- Perceived parental disapproval of smoking cigarettes increased significantly from 2013 to 2015. However, perceived parental disapproval of drinking alcohol and using marijuana decreased from 2013 to 2015.

Percent of students who think their parents would think it is <i>wrong</i> or <i>very wrong</i> for them to:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Smoke cigarettes	90	91	94	93	92	87	93	90
Drink alcohol	74	72	84	78	70	57	74	70
Smoke marijuana	82	80	87	82	78	74	82	79

## Discussions about Smoking with Health Professionals

- **Over half of all students (53%) were asked if they smoked by a health professional in the past 12 months.**
- Females were more likely than males to be asked by a health professional about smoking.
- Eleventh and twelfth graders were more likely than ninth and tenth graders to report being asked by a health professional about smoking. Tenth grade students were also more likely than ninth grade students to be asked about smoking.
- Students were less likely to report being asked by a health professional about smoking in 2015, compared with 2013.



## Perceived Harm of Alcohol, Cigarette, and Marijuana Use

- **Students were more likely to think that people their age greatly risk harming themselves by smoking cigarettes than by binge drinking, or smoking marijuana.**
- Females were more likely than males to perceive smoking cigarettes, binge drinking and smoking marijuana regularly as harmful.
- Ninth graders were significantly less likely than other students to perceive smoking would cause significant harm.
- Ninth and tenth graders were more likely than eleventh and twelfth graders to perceive harm from binge drinking and marijuana use. Ninth grade students were also more likely than tenth graders to perceive harm from using marijuana regularly.
- Perceived harm from smoking cigarettes each day increased significantly from 2013 to 2015.
- Perceived harm caused by using marijuana regularly significantly decreased from 2013 to 2015.

Percent of students who think <i>people their age</i> greatly risk harming themselves (physically or in other ways) if they:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Smoke one or more packs of cigarettes per day	63	65	62	66	66	66	67	63
Have five or more drinks of alcohol once or twice each weekend	38	38	42	40	36	35	43	33
Use marijuana regularly	31	27	35	29	22	21	30	24

## Perceived Availability of Alcohol, Cigarettes, and Marijuana

- **Overall, about two-thirds of students believe it would be sort of easy or very easy to get cigarettes (61%), alcohol (69%), and marijuana (62%).**
- Males were more likely than females to report it was easy or very easy to access cigarettes and marijuana. Females were more likely than males to think it was easy or very easy to access alcohol.
- Perceived ease of access to cigarettes and marijuana increased significantly with each increasing grade.
- Perceived ease of access to alcohol significantly increased from ninth through eleventh grade.
- Perceived ease of access to cigarettes and alcohol decreased from 2013 to 2015. Ease of access to marijuana did not change from 2013 to 2015.

Percent of students who report that it would be <i>sort of easy</i> or <i>very easy</i> to get:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Cigarettes	66	61	44	55	64	80	57	64
Alcohol	72	69	60	68	74	75	71	68
Marijuana	63	62	46	60	69	74	60	65

## Access to Illegal Drugs

- **During the last 12 months, 18% of students were offered, sold, or given an illegal drug on school property.**
- Males were significantly more likely than females to be offered or sold an illegal drug at school.
- Ninth graders were less likely than older students to be offered, given, or sold an illegal drug.

Percent of students who have ever used:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Were offered, sold, or given an illegal drug on school property during the past 12 months	18	18	15	19	20	18	15	21

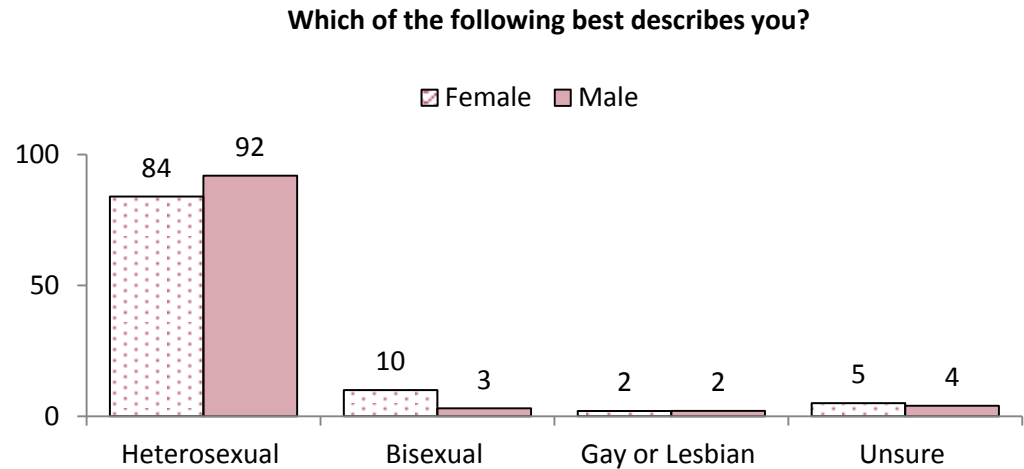
## Police Intervention

- **Less than a third of all students (29%) report that it is likely or very likely that a party with students from their high school, would be broken up by the police.**
- Believing a party was likely or very likely to be broken up by the police was significantly more likely to be reported by younger students than older students
- The perception of police breaking up a party significantly increased from 2013 to 2015.

Students who thought it was likely or very likely that:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
A party where students from their high school were drinking alcohol would be broken up by police	27	29	36	30	27	24	29	29

## Sexual Orientation

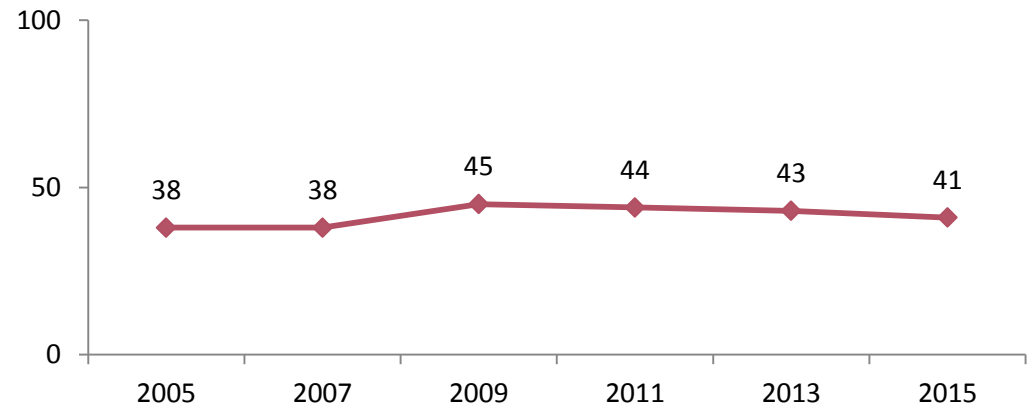
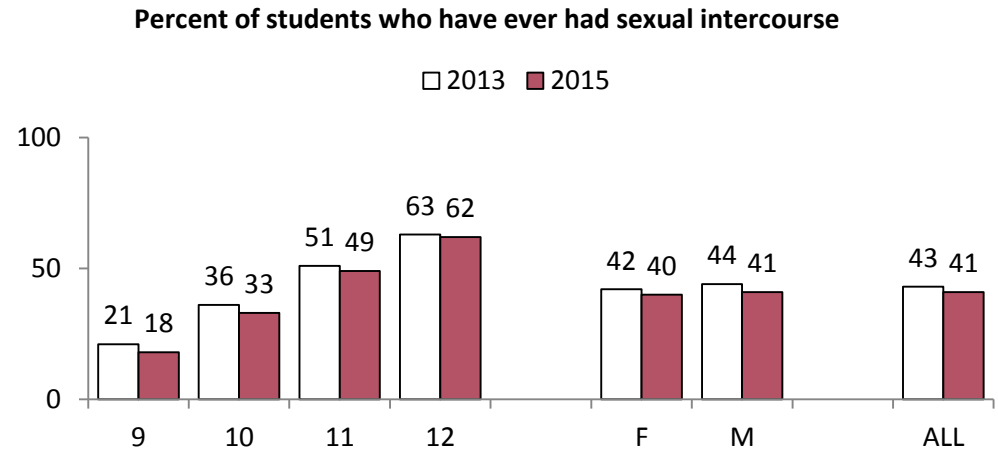
- **Of all students, 88% describe themselves as heterosexual or straight, 6% describe themselves as bisexual, 2% describes themselves as gay or lesbian, and 4% are not sure.**
- Males were significantly more likely than females to report being heterosexual. Females were more likely than males to describe themselves as bisexual and were more likely to be unsure about their sexual orientation compared to males.





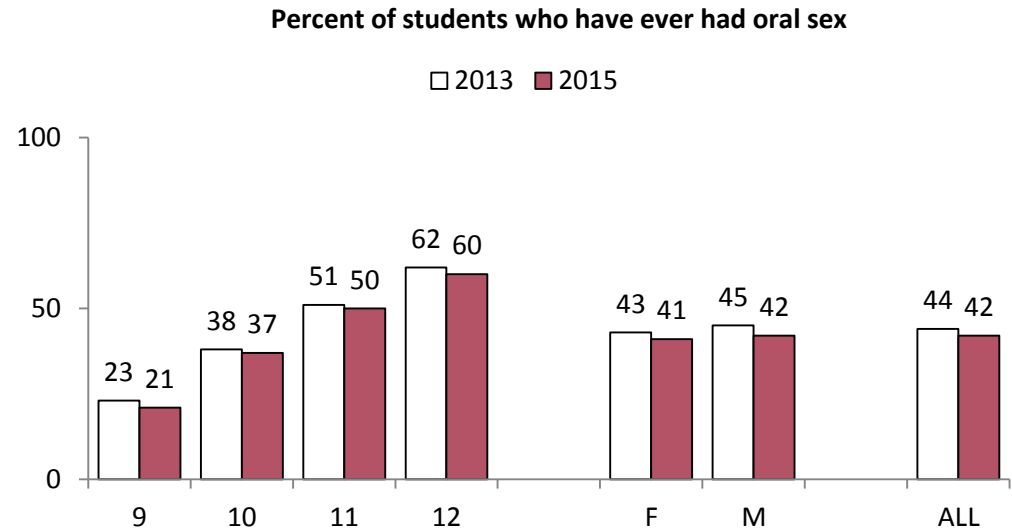
## Lifetime Sexual Intercourse

- **Among all students 41% have ever had sexual intercourse.**
- The percent of students who reported they ever had sex increased significantly with each grade.
- The percent of students reporting ever sex decreased significantly from 2013 to 2015.



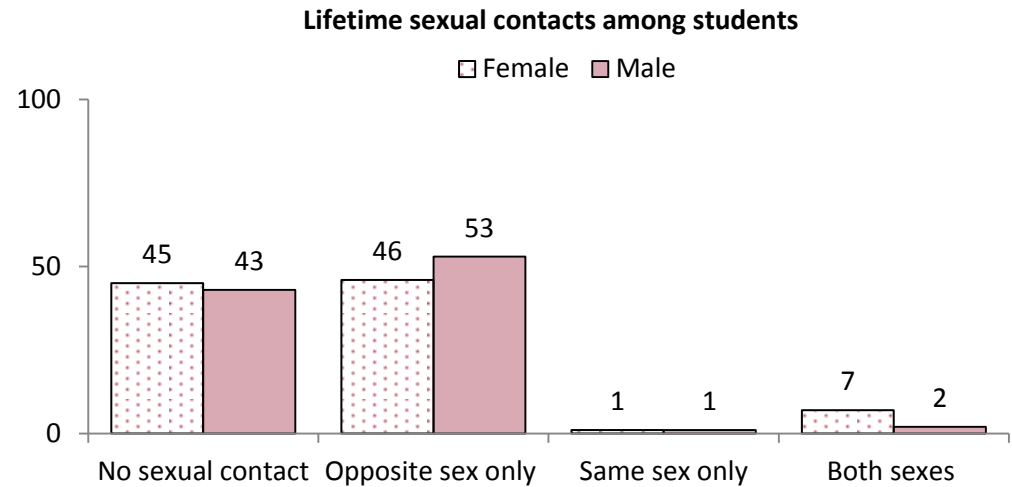
## Lifetime Oral Sex

- **Less than half of students (42%) have ever had oral sex.**
- The percent of males and females who have ever had oral sex did not differ.
- The percent of students who reported that they ever had oral sex increased significantly with each grade.
- The percent of students reporting ever having oral sex decreased significantly from 2013 to 2015.



## Lifetime Sexual Contacts

- Overall, 44% of students have had no sexual contact, 50% have had contact with only the opposite sex, 1% have had contact with the same sex, and 5% have had contact with both sexes.
- Females were significantly more likely to report having sexual contact with both sexes compared to males. Males were significantly more likely to report having sexual contact with only the opposite sex.



## Other Lifetime Sexual Behaviors

- **Of all students, 3% reported having sex before age 13.**
- Males were significantly more likely than females to have had sex before age 13.
- **Overall, 10% of students reported four or more lifetime sexual partners.**
- The percentage of students ever having four or more partners increased with each grade.
- **Overall, 10% of students have ever been tested for HIV. The prevalence of being tested for HIV remains below the Healthy Vermonters 2020 (HV2020) Goal of 15%.**
- Females were more likely to be tested than males. HIV testing increased with each grade.
- Between 2013 and 2015, having sexual intercourse before the age of 13, four or more lifetime sexual partners, and being tested for HIV significantly decreased.

Percent of students who:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
First had sexual intercourse before age 13	4	3	3	3	3	4	2	4
Had sexual intercourse with four or more people during their life	12	10	3	6	11	19	9	10
Have ever been tested for HIV <sup>a</sup>	12	10	7	8	12	14	11	9

<sup>a</sup> This question instructed students exclude tests done for blood donations.

\* Healthy Vermonters 2020 Goals can be found at: <http://healthvermont.gov/hv2020/>

## Current Sexual Behaviors

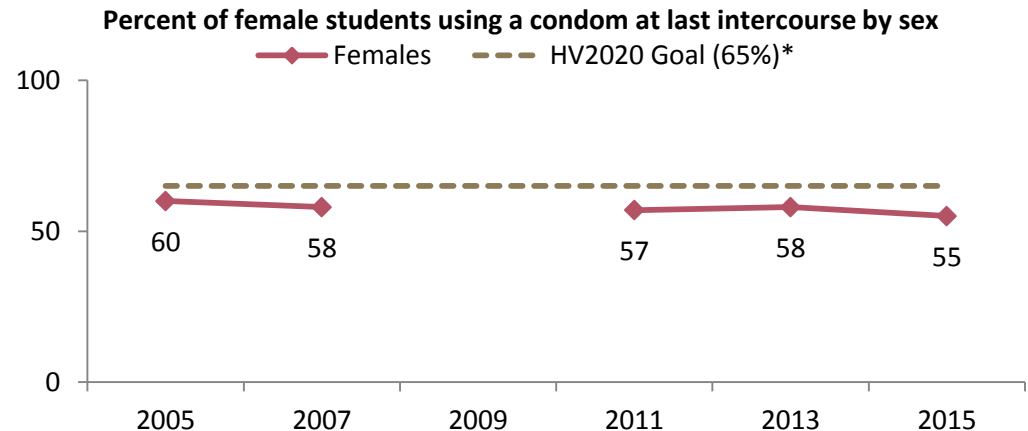
- **Nearly one third (31%) of students had sex in the past three months.** Females were significantly more likely than males to report current sexual activity.
- The percent of students reporting sex in the past three months was significantly higher among females than males. It also increased significantly with each grade.
- The percent of students reporting past three month sexual intercourse decreased significantly from 2013 to 2015.
- **Among students who reported current sexual activity, 18% used alcohol or drugs prior to their last sexual intercourse.**
- Females were significantly less likely than males to report this behavior. There were no differences by grade.
- The percent of students who used alcohol or drugs prior to their last sexual experience decreased significantly from 2013 to 2015.
- **During their most recent sexual intercourse, 58% of sexually active students used a condom.**
- Males were more likely to report condom use at last sex compared to females. Eleventh and twelfth graders were less likely than ninth and tenth graders to report condom use at last sex.
- Since 2013, using a condom during their most recent sexual experience significantly decreased.

Percent of students who	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Had sex at least once in the past 3 months	33	31	12	24	38	49	33	30

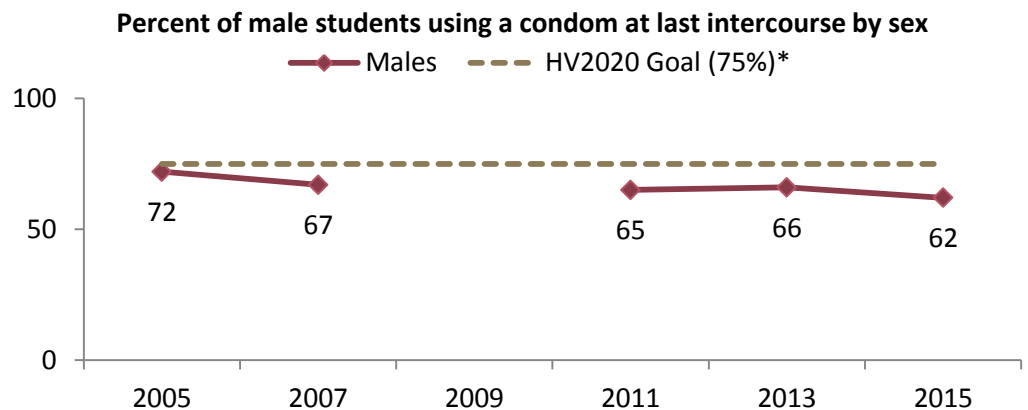
Percent of students who had sex in the past 3 months who:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Used drugs or alcohol before their last sexual experience	22	19	18	19	18	18	15	22
Used a condom during their most recent sexual experience	62	58	65	65	58	54	55	62

## Condom Use Among Male and Female Students

- **Just over half (55%) of sexually active female students used a condom during their last sexual intercourse.**
- The percent of female students reporting condom use did not significantly change from 2013 to 2015.
- This prevalence remains below the Healthy Vermonters 2020 (HV2020) Goal of 65%.



- **Less than two thirds (62%) of sexually active male students reported using a condom at most recent intercourse.**
- The percent of male students reporting condom use decreased significantly from 2013 to 2015.
- The prevalence remains below the Healthy Vermonters 2020 (HV2020) Goal of 75%.



NOTE: in 2009 there was no measure of intercourse in the past 3 months.

\* Healthy Vermonters 2020 Goals can be found at: <http://healthvermont.gov/hv2020/>

## Contraceptive Use

- **To prevent pregnancy, sexually active students primarily used prescription birth control, followed by condoms.**
- Among students who reported having sexual intercourse during the previous three months, 15% reported using no method, 6% used less effective methods such as withdrawal and 2% were not sure.
- Males were more likely to report using a condom, females were more likely to report using prescription birth control.
- Ninth graders were significantly more likely to report using no method than students in all other grades. They were significantly less likely to use birth control pills or an IUD compared to other students.
- Eleventh and twelfth graders were less likely than ninth and tenth graders to use condoms as a method to prevent pregnancy.
- Since 2013, use of condoms to prevent pregnancy significantly decreased, the use of IUDs or implants doubled.

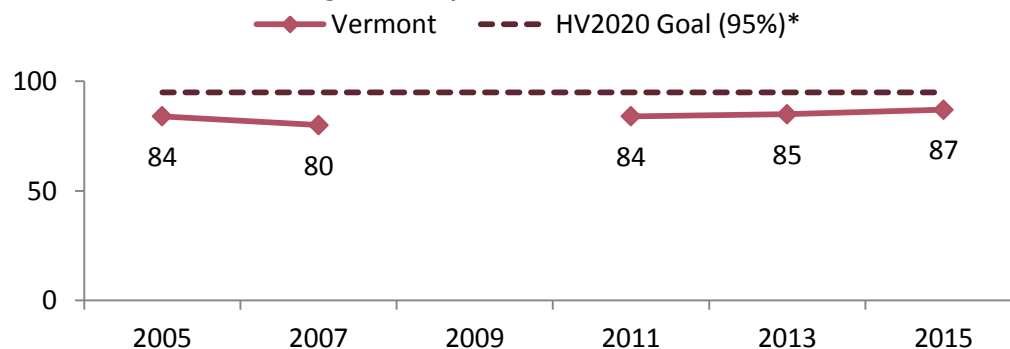
Of students who had sex in the past 3 months, percent of students whose primary method of pregnancy prevention was:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Birth control pills	35	35	19	28	37	40	39	30
A shot, patch, or birth control ring	6	6	5	6	6	7	8	4
An IUD or implant	3	6	4	5	7	7	8	4
Condoms	41	38	50	46	37	32	31	45
No method	7	7	12	7	6	7	7	7
Withdrawal or other method	6	6	8	6	6	6	5	7
Not sure	2	2	3	2	1	2	1	3

## Contraceptive Use

- **Overall, 47% of sexually active students reported using prescription birth control to prevent pregnancy the last time they had intercourse.**
- Nearly 9 in 10 students (87%) used either a condom or a form of prescription birth control pill, 19% used both a condom and prescription birth control to prevent pregnancy the last time they intercourse.
- Females were more likely than males to use both methods during last sexual intercourse.
- Ninth graders were significantly less likely to report using both or at least one method of contraception than older students.
- Use of prescription birth control increased significantly from 2013 to 2015. However, use of both or at least one method of contraception were unchanged during that time.
- The prevalence of contraception use, either birth control or condoms, remains below the Healthy Vermonters 2020 (HV2020) Goal of 95%.

At last sexual intercourse, percent of sexually active students who	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Used prescription birth control including pills, the patch, ring, shot, implant, or IUD	44	47	28	39	49	54	55	38
Used both a condom <u>and</u> birth control	18	19	12	18	19	21	23	15
Used either a condom <u>or</u> birth control	85	87	80	87	88	87	88	86

Percent of students using contraception at last intercourse, either BC or condoms



\* Healthy Vermonters 2020 Goals can be found at: <http://healthvermont.gov/hv2020/>

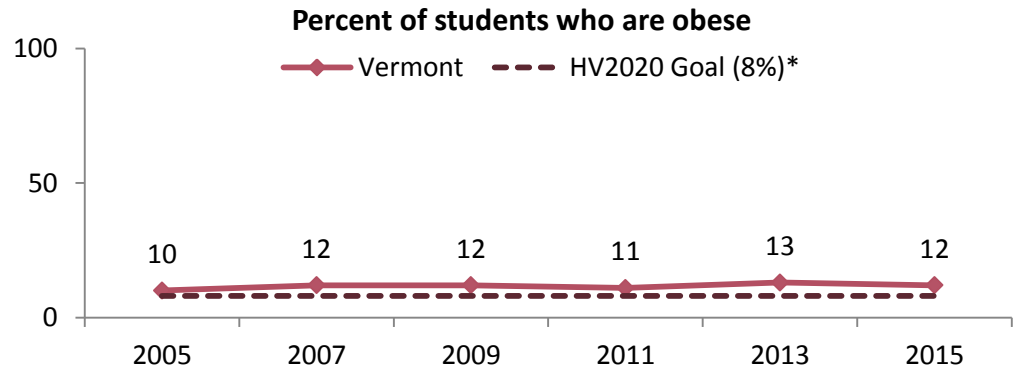


## Overweight and Obesity

- **A quarter of all students have a weight-height ratio above the 85<sup>th</sup> percentile for their age and sex. Specifically, 14% are overweight and 12% are obese.**
- Males were significantly more likely to be obese compared to females.
- There were no differences by grade for students who were overweight or obese.
- The percent of students who were overweight significantly decreased between 2013 and 2015. Obesity was similar between 2013 and 2015.
- The prevalence of students who are obese remains above the Healthy Vermonters 2020 (HV2020) Goal of 8%.

Percent of students who are:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Overweight (85 <sup>th</sup> to <95 <sup>th</sup> BMI Percentile)	16	14	15	14	14	13	14	14
Obese (>=95 <sup>th</sup> BMI percentile)	13	12	12	13	12	13	9	16

NOTE: BMI = body mass index; For youth, BMI is age- and sex-specific. It is expressed by a percentile based on weight and height.



\* Healthy Vermonters 2020 Goals can be found at: <http://healthvermont.gov/hv2020/>

## Perceptions of Weight

- **A majority of students (55%) thought that they are about the right weight.**
- Females were significantly more likely to consider themselves slightly or very overweight compared to males. Females were significantly less likely compared to males to consider themselves about the right weight or slightly to very underweight.
- Ninth graders were significantly more likely than twelfth grade students to report themselves as slightly or very underweight and less likely to describe themselves as slightly or very overweight. There were no other differences by grade.
- The percent of students who describe themselves as about the right weight decreased significantly from 2013 to 2015. Students reporting themselves as slightly or very overweight increased in 2015.

Percent of students who describe themselves as:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Slightly or very underweight	13	14	15	13	13	13	10	17
About the right weight	58	55	56	55	55	55	54	57
Slightly or very overweight	30	31	29	32	31	32	36	26

## Weight Changes

- **Overall, 42% of students were trying to lose weight, 19% were trying to stay the same weight, 14% were trying to gain weight, and 26% were not trying to do anything about their weight.**
- Female students were twice as likely as males to report trying to lose weight. Conversely, males were significantly more likely to report trying to gain weight.
- Ninth and tenth graders were significantly less likely than twelfth graders to report trying to gain weight.
- The percent of students trying to lose or gain weight did not significantly change between 2013 and 2015.

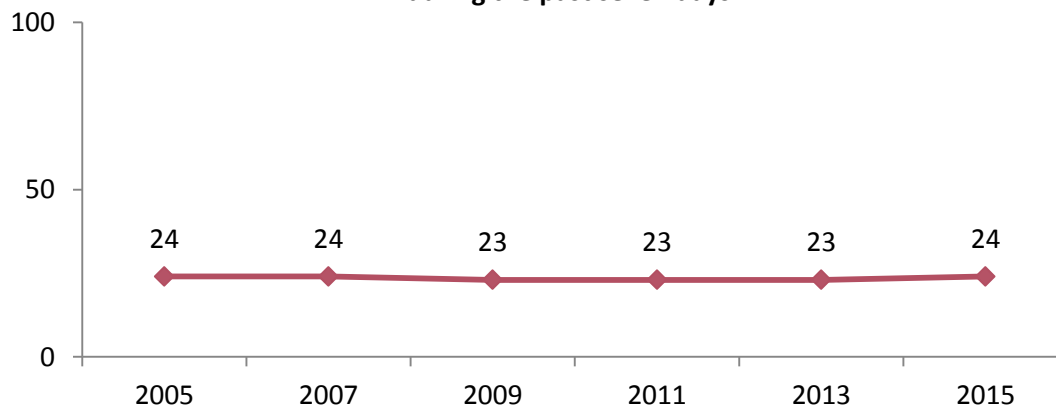
Percent of students who are trying to:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Lose weight	43	42	41	43	42	42	56	28
Gain weight	14	14	13	13	14	15	4	23
Stay the same weight	20	19	20	18	19	18	18	19
Not trying to do anything	24	26	27	26	25	25	22	29

## Fruits and Vegetables

- **1 in 4 students (24%) ate fruits and vegetables five or more times per day in the past week.**
- Males were significantly more likely than females to report eating fruits and vegetables at least five times per day.
- There were no differences by grade for eating the recommended amount of fruits or vegetables each day.

Percent of students who, during the past seven days:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Ate fruits and vegetables five or more times per day	23	24	23	23	23	24	22	25
Ate fruit two or more times per day	33	34	34	34	34	35	33	35
Ate vegetables three or more times per day	17	18	17	17	18	19	17	19

**Percent of students who ate fruits and vegetables five or more times per day during the past seven days**



## Breakfast Consumption

- **Overall, 40% of students reported eating breakfast on all of the past seven days. Nearly six out of every ten students ate breakfast at least five times during the previous week. A quarter of students ate breakfast less than three times and 11% reported never eating breakfast during the past seven days.**
- Males were more likely than females to report eating breakfast every day and on at least five of the past seven days. Females were more likely than males to eat breakfast on less than three days in the past week.
- There were no other gender or grade level difference in the number of times students ate breakfast during the previous seven days.

Percent of students who ate breakfast:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
On all of the past seven days	43	40	42	41	40	39	38	43
On at least five of the past seven days	59	57	57	57	57	56	55	59
On less than three of the past seven days	24	26	26	25	25	27	27	25
On zero of the past seven days	10	11	11	11	10	11	11	11

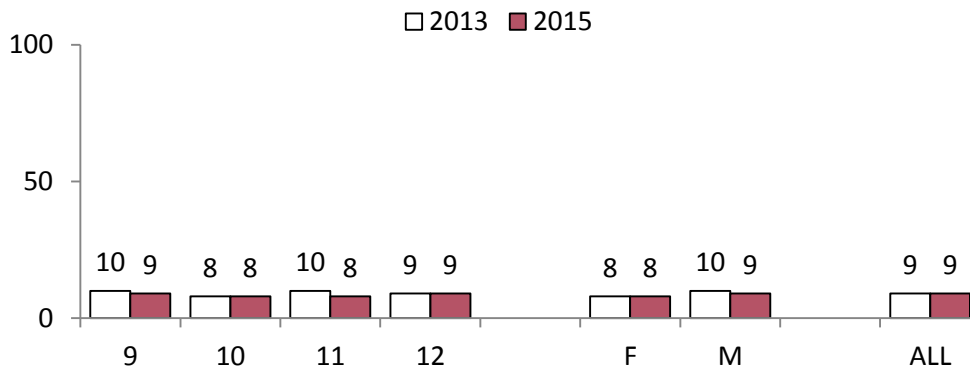
## Water Consumption

- Overall, a third of students reported drinking four or more bottles or glasses of plain water during the previous day. One out of every five students drank one or fewer glasses of water during the previous day, with 9% of students having no water during the previous day.
- Males were significantly more likely than females to report drinking four or more bottles or glasses of water and also more likely to report having no water during the previous day.
- There were no difference by grade level of those drinking water during the previous day.
- Consumption of at least four bottles of water increased significantly between 2013 and 2015.

Percent of students who reported drinking at least four bottles or glasses of water during the previous day



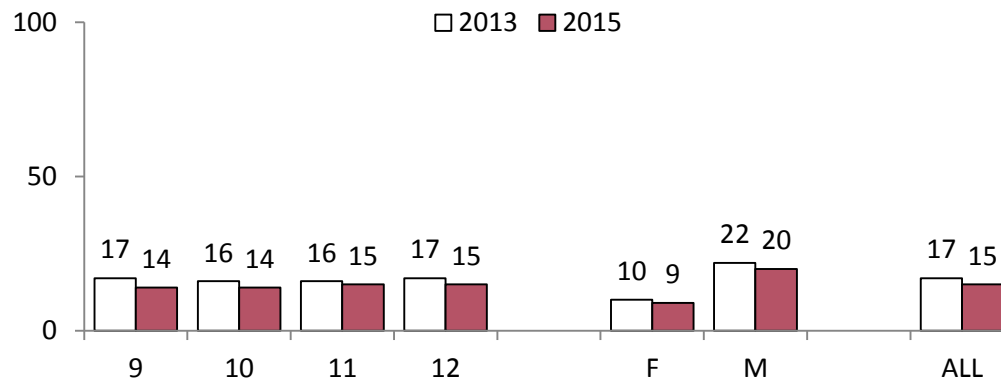
Percent of students who reported drinking zero bottles or glasses of water during the previous day



## Daily Soda Consumption

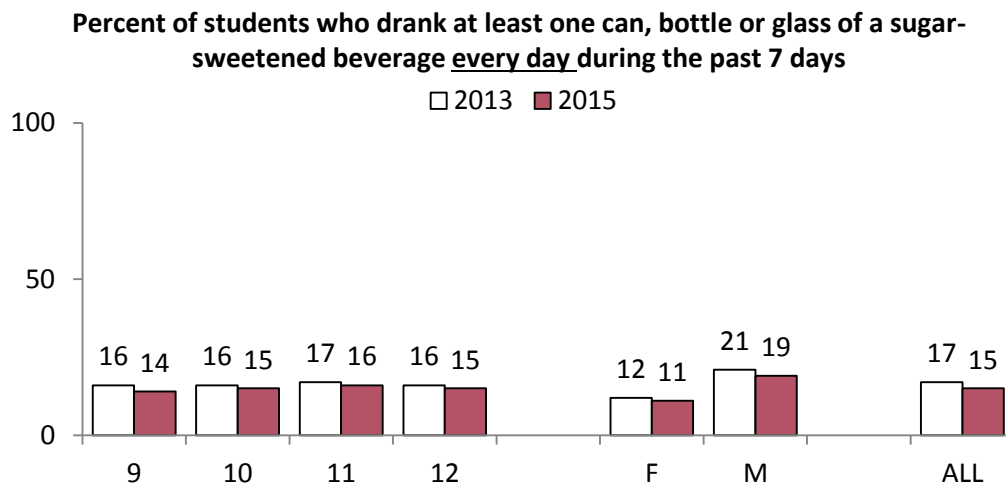
- **Overall, 15% of students drank at least one can, bottle, or glass of soda or pop (not including diet) daily.**
- Males were twice as likely to report drinking at least one can of soda or pop a day in the past week compared to females.
- There were no differences by grade.
- Drinking at least one can of soda or pop a day decreased significantly between 2013 and 2015.

Percent of students who reported drinking at least one can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite, every day in the past 7 days



## Daily Sugar-Sweetened Beverage Consumption

- **Overall, 15% of students drank at least one can, bottle, or glass of a sugar-sweetened beverage daily.**
- Males were significantly more likely than females to report this behavior. There were no significant differences by grade.
- Drinking at least one sugar-sweetened beverage decreased significantly from 2013 to 2015.



NOTE: Sugar-sweetened beverages were described to include sport drinks such as Gatorade or PowerAde, energy drinks such as Red Bull or Jolt, lemonade, sweetened tea or coffee, flavored milk, Snapple, and Sunny Delight. The question instructed students not to include soda or pop, diet drinks, or 100% fruit juice.



## Other Soda and Sugar-Sweetened Beverage Consumption

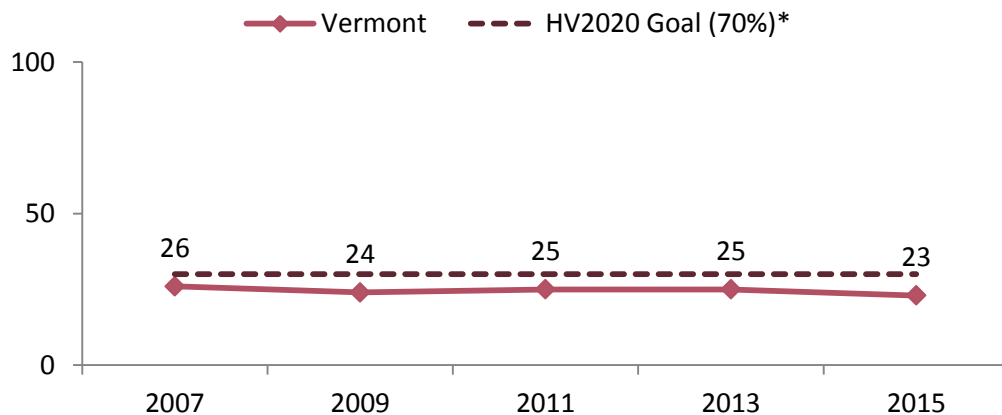
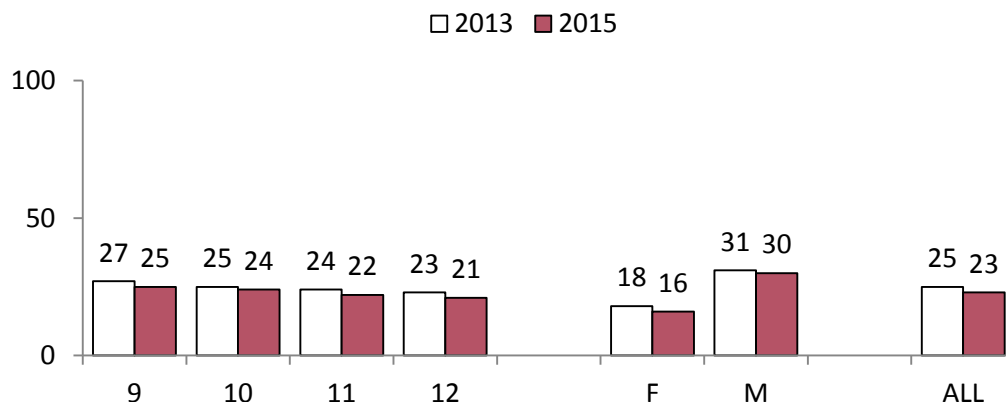
- **Overall, a third of all students did not drink a soda or pop on any of the previous seven days. A quarter did not drink a sugar-sweetened beverage.**
- Females were significantly more likely than males to not drink any sugar-sweetened beverages or any soda during the past seven days. Females were also more likely than males to report not having either soda or sugar sweetened beverages each day.
- Twelfth graders were significantly more likely than younger students to report having no soda or sugar-sweetened beverages during the last week. They were also more likely to not drink soda and/or sugar sweetened beverages each day.
- The percent of students who did not drink either soda or a sugar sweetened beverage each day significantly increased from 2013 to 2015. No daily consumption of both or either beverage also significantly increased.

During the previous seven days percent of students who:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Did not any drink soda or pop during the past 7 days	30	33	32	33	33	36	42	25
Did not drink any sugar-sweetened beverages during the past 7 days	22	26	25	25	26	29	30	22
Did not drink either soda <u>or</u> a sugar sweetened beverage <i>each day</i>	12	15	13	15	15	17	19	11

## Physical Activity

- **Nearly 1 in 4 students (23%) participated in 60 minutes of physical activity every day, per the U.S. Department of Health and Human Services Guidelines.**
- Females were significantly less likely to participate in daily physical activity than males.
- Ninth graders and tenth graders were more likely than twelfth graders to participate in daily physical activity.
- The prevalence of those meeting physical activity recommendations remains below the Healthy Vermonters 2020 (HV2020) Goal of 30%. Those participating in 60 minutes of physical activity each day decreased between 2013 and 2015.

Percent of students who participated in at least 60 minutes of physical activity every day during the past seven days



\* Healthy Vermonters 2020 Goals can be found at: <http://healthvermont.gov/hv2020/>

## Physical Activity

- **Overall, 14% of students reported zero days with at least 60 minutes of physical activity in the past week.**
- Females were significantly more likely than males to report having no days with 60 minutes of physical activity.
- Ninth graders were significantly less likely to report having no days with 60 minutes of physical activity than older students. Tenth grade students were also less likely than twelfth graders to report no days with 60 minutes of physical activity.
- The percent of students having no days with 60 minutes of physical activity significantly increased between 2013 and 2015.

Percent of students who participated no physical activity for at least 60 minutes on any day during the past seven days



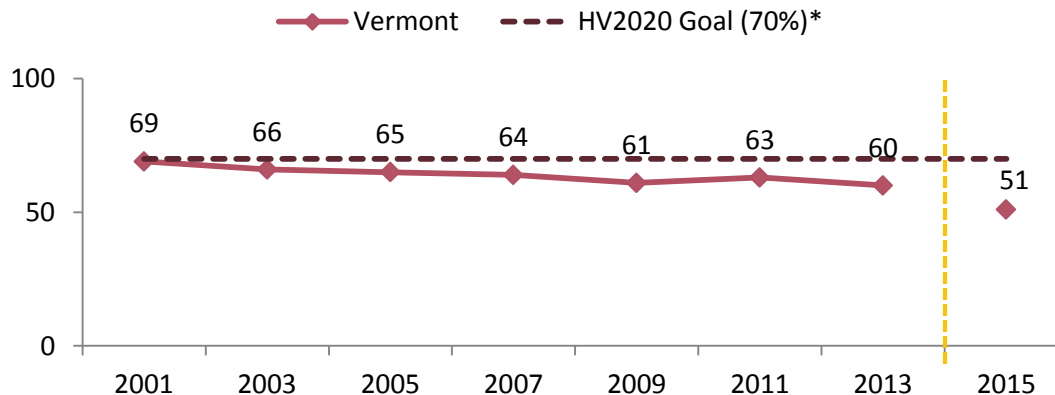
## Screen Time

In 2015, screen time was modified from “activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet” in 2013 to “things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smart phone, YouTube, Facebook or other social networking tool, and the Internet.” Caution should be taken when making comparisons to previous years.

- **Half of all students spent three or more hours per school day watching TV, playing video games, or using the computer for fun. Nearly two out of every ten students (17%) reported spending five or more hours per school day using in front of a screen for things other than school work.**
- The percent of students who reported fewer than three hours of screen time remains below the Healthy Vermonters 2020 (HV2020) Goal of 70%.

Percent of students, on the average school day who watched TV, played video games or used the computer for fun for:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
No screen time or Less than one hour	18	15	14	14	15	16	15	14
Less than three hours	60	51	50	50	52	51	52	50
Five or more hours	12	17	18	18	16	17	16	18

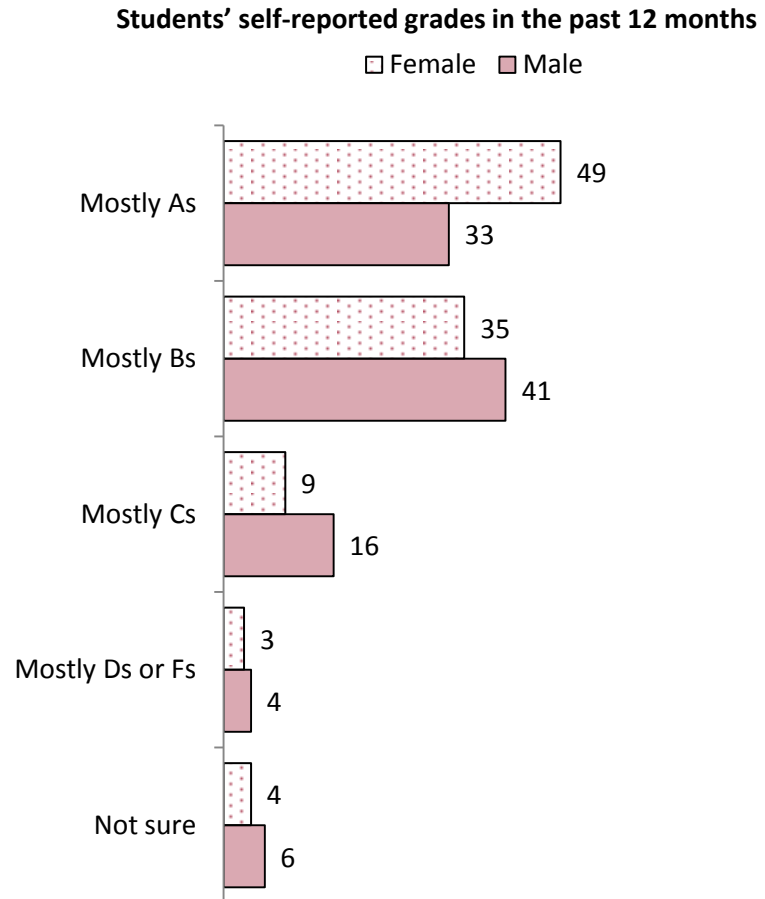
Percent of students who reported fewer than three hours per school day of screen time



\* Healthy Vermonters 2020 Goals can be found at: <http://healthvermont.gov/hv2020/>

## Grades

- Overall, 79% of students reported that they earned grades that were mostly A's (41%) or B's (38%). 13% of all students reported earning mostly C's.
- Females were significantly more likely to report earning mostly A's. Males were significantly more likely to report earning mostly B's or C's.



## Talk to Parents about School

- **Overall, 3 in 4 students (76%) spoke to their parents about school at least once a week. Nearly half do so everyday.**
- There were no differences by gender.
- Ninth graders were more likely to report talking to their parents about school at least once a week compared to twelfth graders.

Percent of students whose parents talk to them about school:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
About every day	49	48	51	49	48	45	50	47
About once or twice a week	29	28	26	28	29	30	27	29
About once or twice a month	10	10	10	10	10	11	10	10
Less than once a month	7	7	6	6	6	7	7	6
Never	6	7	6	6	7	7	6	7

## Participation in Extracurricular Activities

- **During an average week, a quarter of students spend ten or more hours per week participating in afterschool activities such as sports, band, drama, or clubs run by the school or the community. A third of students do not spend any time participating in afterschool activities.**
- There were no differences in afterschool participation for 10 or more hours per week among males and females.
- Twelfth graders were significantly more likely than ninth and tenth graders to participate extracurricular activities for 10 or more hours per week. Eleventh and tenth grade students were also more likely than ninth graders to participate in afterschool activities for at least 10 hours a week.

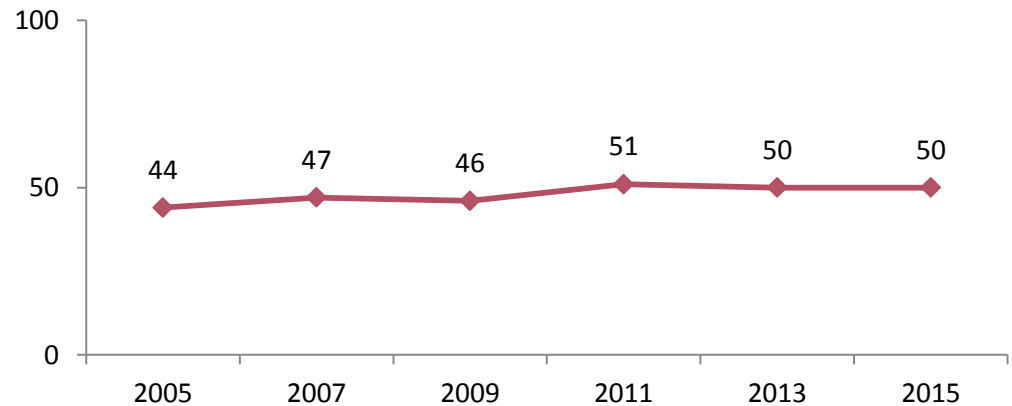
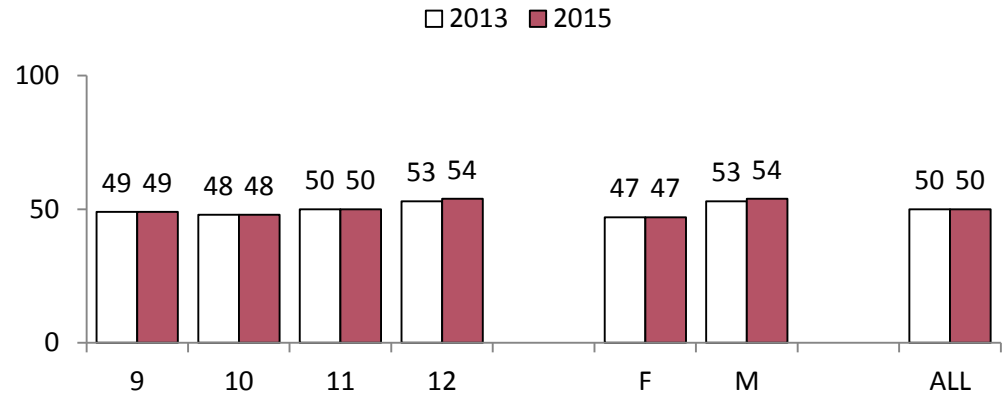
Percent of students who participated in afterschool activities for:	All	Grade				Gender	
	2015	9	10	11	12	F	M
Ten or more hours per week	24	21	24	25	27	24	24
Six to nine hours per week	16	17	16	16	16	16	16
One to five hours per week	28	30	28	27	26	29	27
Zero hours per week	32	32	32	32	32	31	33

Note: this question was new in 2015.

## Feel Valued by the Community

- **Half of students agreed or strongly agreed that they matter to people in their communities.**
- Males were more likely to report that they matter to their communities compared to females.
- Twelfth graders were more likely to report that they matter to their communities compared to students in other grades.

Percent of students who agree or strongly agree that “in your community you feel like you matter to people”





## Feel Valued at School

- **More than six out of ten students (62%) agreed or strongly agreed that their teachers really care about them and give them a lot of encouragement.**
- **Nearly half of students (48%) agreed or strongly agreed that students help decide what goes on in school.**
- Males were more likely than females to report that their teachers really care about them.
- Eleventh and twelfth graders were more likely to report that their teachers really care about them compared to those in lower grades.
- There was no difference by gender for deciding what happens at school.
- Ninth and twelfth grade students were significantly more likely than students in tenth and eleventh grade to report student help decide what happens at school.
- Students in 2015 were significantly more likely to believe their teachers care and encourage them compared to students in 2013.

Percent of students who <i>agree or strongly agree</i> that:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
Their teachers really care about them and give them a lot of encouragement	59	62	59	57	64	69	60	64
Students help decide what goes on in school	47	48	50	46	46	49	48	48

## Post Graduation Plans

- **Overall, 80% of students reported that they have a plan to complete a post high school program upon graduation. Post graduation plans were described to include vocational training programs, military service, community college or 4-year colleges.**
- Females were significantly more likely to report plans to complete a post high school program compared to males.
- Eleventh and twelfth graders were more likely than ninth and tenth graders to report that they will complete a post high school program. Tenth grade students were also more likely than ninth graders to report this as well.
- Having a plan for post graduation decreased significantly from 2013 to 2015.

Percent of students who report that:	All		Grade				Gender	
	2013	2015	9	10	11	12	F	M
They will probably or definitely complete a post high school program	82	80	75	80	83	84	83	78

## 2015 Vermont Middle School Youth Risk Behavior Survey

- In February and March 2015, students at 121 of the 123 middle school schools in Vermont took the 2015 Vermont Middle School Youth Risk Behavior Survey. Any school that included grades six through eight, including public/independent, independent, interstate, and technical schools, could participate in the high school survey. Students completed a self-administered 70-item questionnaire. Survey procedures protected the privacy of students by allowing for anonymous and voluntary participation.
- This report presents the results from all public middle schools. In total, 13,648 students from 121 middle schools are included in the report. The school response rate was 98%, the student response rate was 83%, and the overall response rate was 82% (98% X 83% = 83%).
- The results in this report are weighted by gender, grade, and race/ethnicity to compensate for absenteeism and incomplete surveys, as well as the few schools that chose not to participate.
- **All results in the 2015 middle school survey report are for grades six through eight only. The middle school survey was new in 2011.**

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## 2015 Vermont Middle School Youth Risk Behavior Survey

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## Sample Demographics

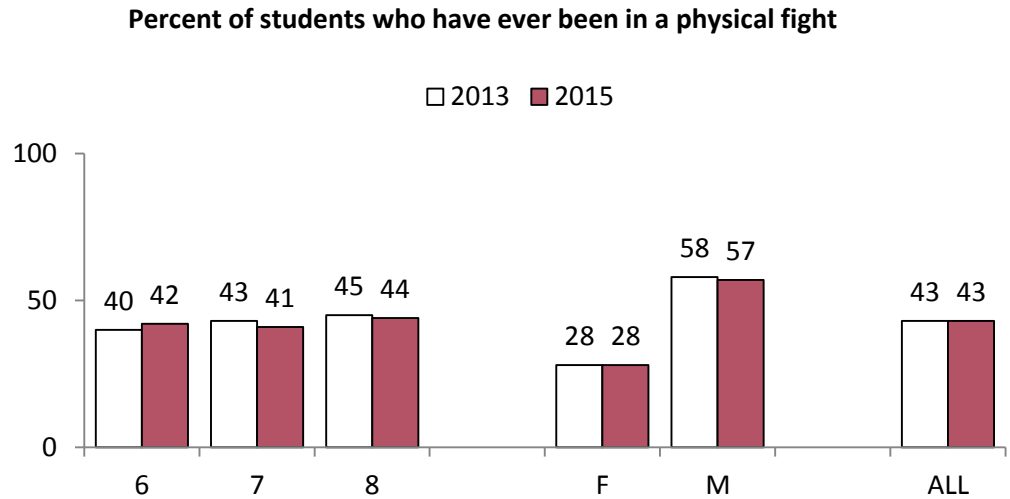
	Grade			Gender		All*
	6	7	8	Females	Males	
<b>Number of students</b>	2,899	5,337	5,326	6,713	6,839	13,648

\*NOTE: Some students did not indicate their grades or genders. Therefore, totals by grade and by gender do not equal the overall total.

<b>Race and Ethnicity</b>	
White non-Hispanic	81%
Racial or Ethnic Minority	19%
<b>Age</b>	
11 or younger	12%
12	30%
13	38%
14 or older	21%

## Physical Fighting

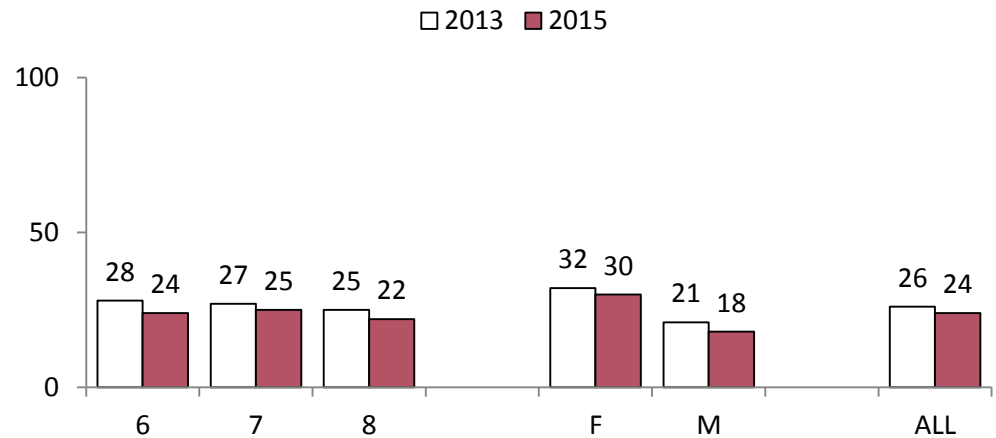
- **Overall, 4 in 10 students (43%) reported that they have ever been in a physical fight.**
- There were no differences by grade.
- Males were significantly more likely to have been in a physical fight than females.



# Bullying

- **Overall, 1 in 4 (24%) students were bullied at least once in the past 30 days.**
- There were no differences by grade.
- Females were significantly more likely than males to have been bullied.
- There was a significant decrease in bullying from 2013 to 2015.

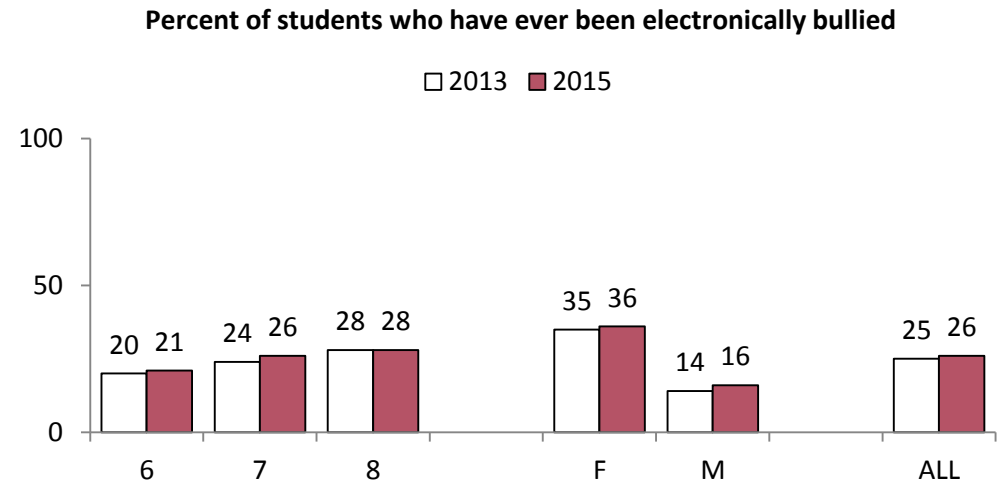
Percent of students who were bullied at least once in the past 30 days



For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight or when teasing is done in a friendly way. Electronic bullying occurs through e-mail, chat rooms, instant messaging, Web sites, or texting.

## Electronic Bullying

- **Overall, 1 in 4 students (26%) reported that they had ever been electronically bullied.**
- Students in seventh and eighth grade were significantly more likely than sixth graders to report ever being electronically bullied.
- Females were significantly more likely than males to report electronic bullying.
- Electronic bullying did not significantly change from 2013 to 2015.



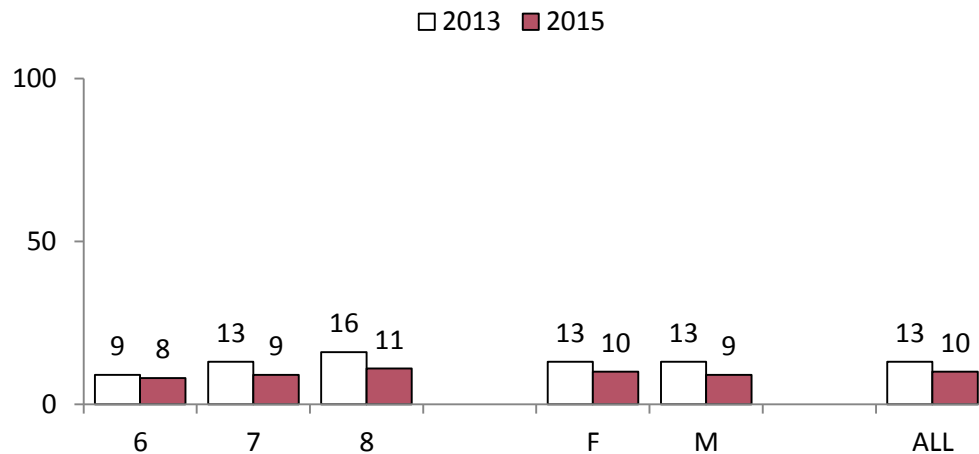
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## Bullied Someone

- **Overall, 10% of students reported bullying someone at least once in the past 30 days.**
- Students in eighth grade were significantly more likely than sixth graders to bully someone.
- Bullying someone else did not differ by gender.
- There was a significant decrease in students reporting being a bully since 2011 and 2013.

Percent of students who bullied someone at least once in the past 30 days



For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight or when teasing is done in a friendly way. Electronic bullying occurs through e-mail, chat rooms, instant messaging, Web sites, or texting.

## Safety at School

- **Nearly half (46%) of students reported that they had ever been bullied on school property.**
- Seventh graders were more likely than eighth graders to be bullied on school property.
- Females were significantly more likely than males to report being bullied on school property bullying.
- Being bullied on school property did not change significantly from 2013 to 2015.
- **In the past 30 days, 7% of students did not go to school because they felt they would be unsafe at school or on their way to or from school.**
- There were no differences by grade.
- Females were more likely than males to report missing school.

Percent of students who :	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Were ever bullied at school	47	46	46	48	45	53	40
Did not go to school during the past 30 days because they felt unsafe	7	7	8	7	7	9	6

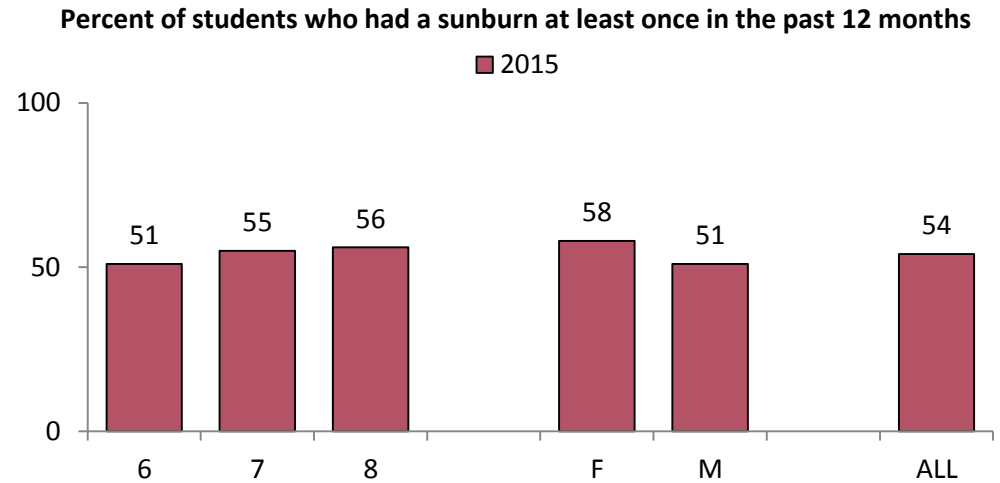
## Suicide

- **Overall, 1 in 5 students were so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.**
- Eighth graders were more likely than younger students to feel sad or hopeless.
- Females were more likely than males to report feeling sad or hopeless.
- Feeling sad or hopeless increased significantly between 2013 and 2015.
- **Overall, 18% of students reported that they ever seriously thought about committing suicide, 12% made a suicide plan, and 6% made a suicide attempt.**
- Eighth graders are significantly more likely than younger students to seriously think about suicide and to have attempted suicide. Making a suicide plan increased significantly with each grade.
- Females were significantly more likely than males to report that they ever seriously thought about suicide, made a suicide plan, or tried to commit suicide.
- The percent of students who have ever made a plan or attempted suicide significantly increased from 2013 to 2015.

Percent of students who:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, in the past 12 months	18	20	17	19	22	27	13
Seriously thought about suicide, ever	17	18	14	16	22	23	12
Made a suicide plan, ever	11	12	9	11	15	16	8
Attempted suicide, ever	5	6	5	5	8	8	3

## Sun exposure

- **More than half (54%) of all students had a sunburn during the last 12 months.**
- Sixth graders were less likely to report a sunburn than older students.
- Female students were significantly more likely than male students to report having a sunburn during the previous 12 months.



NOTE: This question was new in 2015.

## Bicycle Helmet Use

- Overall, 9 out of 10 students (91%) reported that they ride a bicycle.
- **Of those students, 27% always wore a helmet while 34% rarely or never wore a helmet.**
- Rarely or never wearing a bicycle helmet increased significantly with each grade.
- Male students were significantly more likely than females to rarely or never wear a helmet.
- Since 2011, never or rarely wearing a helmet has not changed significantly.

Percent of bicycle riders who wore a helmet:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Always	27	27	36	27	22	28	27
Most of the time	23	23	24	25	21	24	23
Sometimes	15	16	15	16	15	17	14
Rarely or Never	35	34	26	31	41	31	36

## Helmet Use while Rollerblading or Skateboarding

- Overall, 40% of students reported that they rollerblade or ride a skateboard.
- **Of those students, 28% always wore a helmet while 14% rarely and 29% never wore a helmet.**
- As students got older, they were significantly less likely to always wear a helmet while rollerblading or skateboarding. There were no differences by gender.
- Students who never or rarely wear a helmet when rollerblading or skateboarding increased significantly from 2013 to 2015.

Percent of students who rollerblade or skateboard who wear a helmet:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Always	30	28	38	28	21	27	29
Most of the time	18	17	20	16	15	16	18
Sometimes	12	12	11	13	12	13	12
Rarely or Never	39	43	31	42	52	45	41

## Seat belt Use

- **Overall, 76% of students reported always wearing a seat belt when riding in a car; 3% rarely or never wear a seat belt.**
- Eighth grade students were significantly more likely to never or rarely wear a seat belt compared to sixth graders.
- Male students were significantly more likely than female students to rarely or never wear a seat belt.

Percent of students who wear a seat belt while riding in a car:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Always	75	76	82	77	73	78	75
Most of the time	18	17	14	17	19	16	18
Sometimes	5	4	3	3	5	4	4
Rarely or never	3	3	2	3	4	2	3

## Riding in a Car with a Drinking Driver

- **Overall, 1 in 5 students (20%) reported that they had ridden in a car with someone who had been drinking.**
- As students got older, they were significantly more likely to ride in a car with a driver who had been drinking.
- Female students were significantly more likely than males to ride a car with someone who had been drinking.
- Riding in a car with someone who had been drinking did not change significantly from 2013 to 2015.

Percent of students who ever rode in a car driven by someone who had been drinking

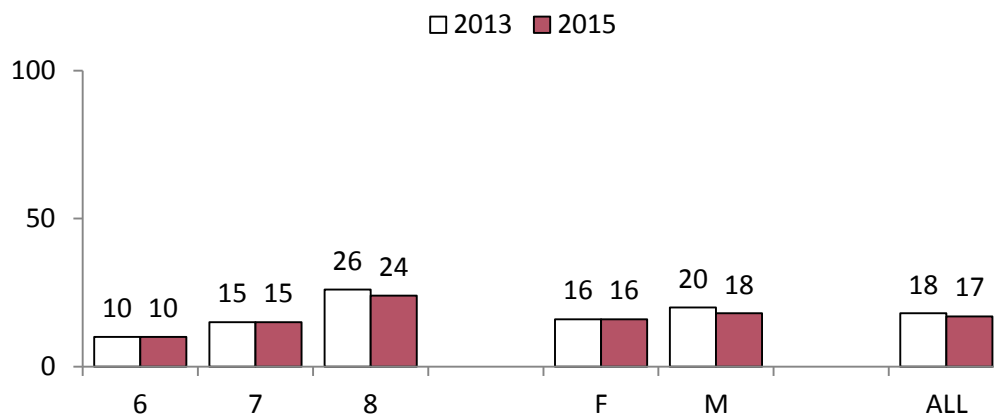




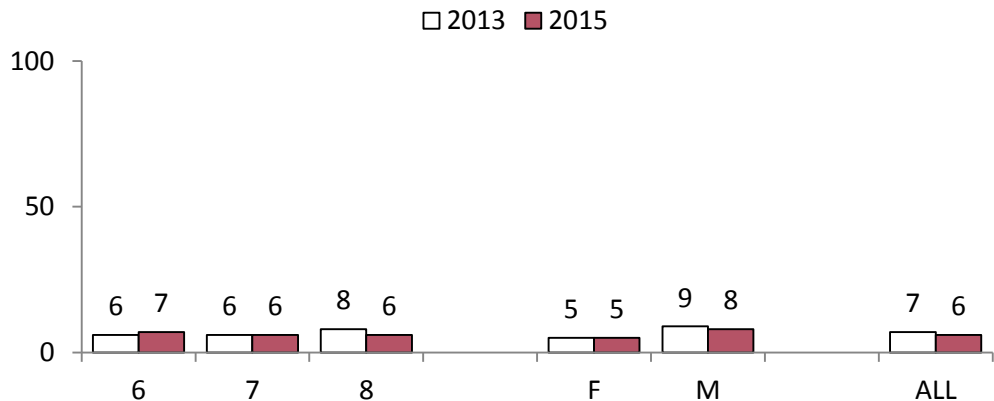
## Lifetime Alcohol Use

- **Nearly 1 in 5 students (17%) reported ever drinking alcohol, other than a few sips.**
- Alcohol use during ones lifetime significantly increased as grade level increased. Males were also more likely than females to have had any alcohol.
- **Overall, 6% of students drank alcohol before age eleven.**
- Drinking alcohol before age 11 did not significantly differ by grade.
- Male students were significantly more likely than female students to try more than a few sips of alcohol before they were 11 years old.
- Lifetime alcohol use and alcohol use before the age of 11 did not change significantly from 2013 to 2015.

Percent of students who ever drank alcohol other than a few sips



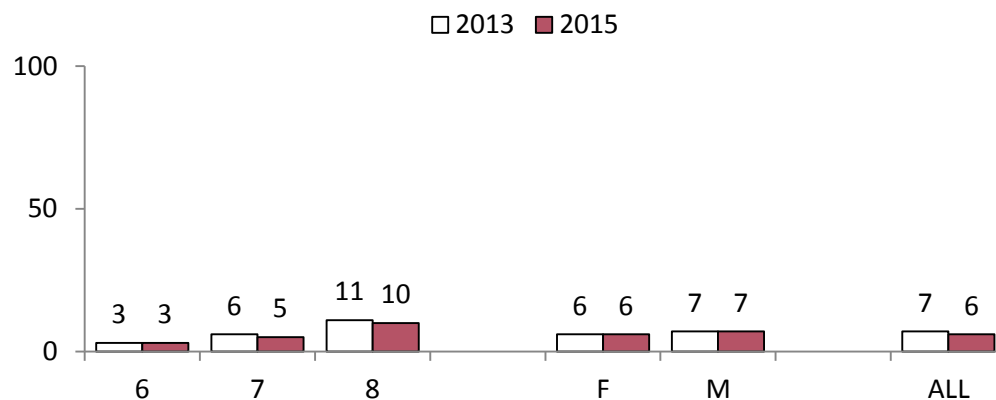
Percent of students who ever drank alcohol before the age of 11



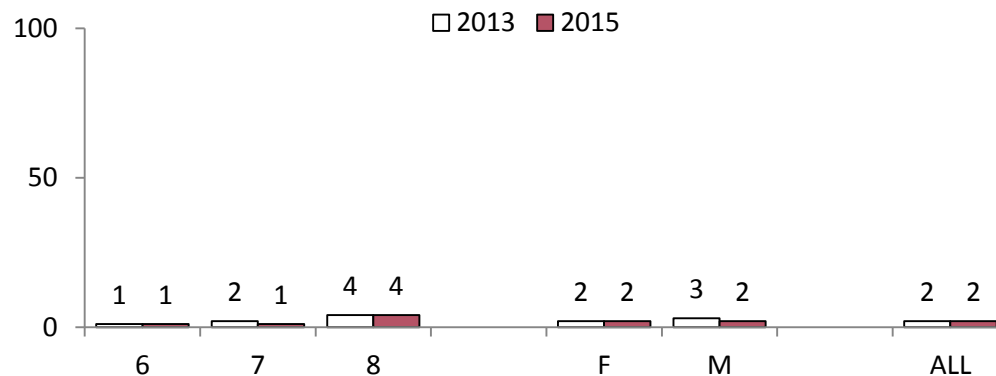
## Current Alcohol Use

- **Overall, 6% of students consumed at least one drink during the previous 30 days; 2% reported binge drinking, or having five or more drinks of alcohol in a row, and within a couple of hours, during this time.**
- Drinking in the past thirty days increased significantly with each grade.
- Eighth graders were significantly more likely than sixth and seventh graders to report binge drinking during the last 30 days.
- There were no significant differences by gender for either measure.
- Drinking alcohol and binge drinking did not change since 2013.

Percent of students who drank alcohol during the past 30 days



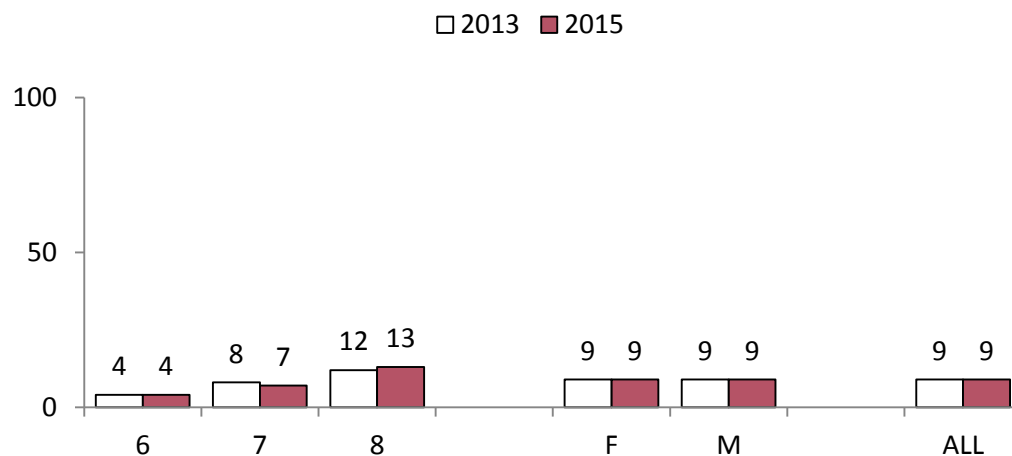
Percent of students who drank 5 or more drinks of alcohol in a row, within a couple of hours, during the past 30 days



## Lifetime Cigarette Use

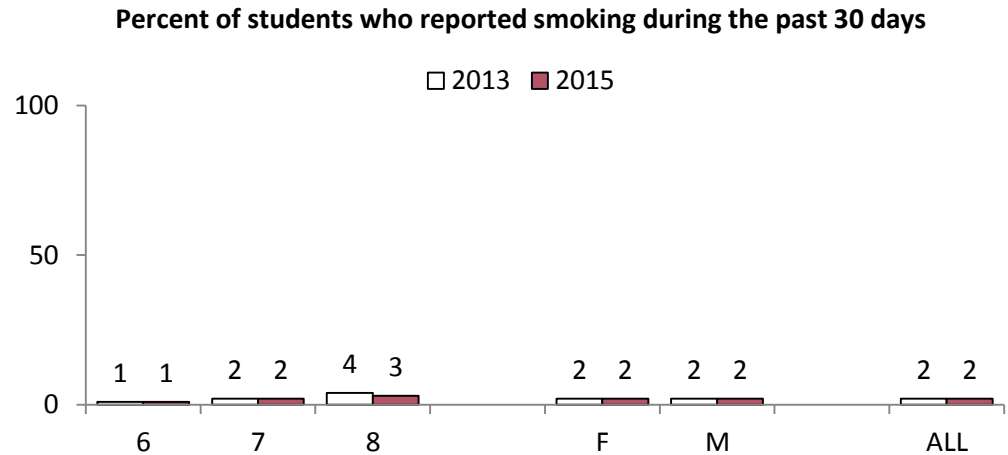
- **Overall, 9% of students reported ever trying cigarette smoking, even one or two puffs, and 5% have smoked a whole cigarette.**
- **By age 11, 2% of students reported having smoked a whole cigarette at least once.**
- Ever trying a cigarette, even one or two puffs, increased significantly with each grade. There were no differences by gender.

Percent of students who have ever tried cigarette smoking, even one or two puffs



## Current Cigarette Use

- **Overall, 2% of students reported smoking in the past 30 days.**
- Current cigarette use significantly increased as grade level increased.
- There were no differences by gender for smoking during the past 30 days.



## Cigarette Use Among Current Smokers

- **Among students who smoked during the last 30 days, 45% smoked on 1 or 2 days, and 28% smoked on at least 10 days. Less than 1% smoked daily.**
- **On the days current smokers smoked, nearly two-thirds (64%) smoked one or only a portion of a cigarette, 26% smoked 2 to 10 cigarettes, and 10% smoked more than half a pack or at least 11 cigarettes on days smoked.**
- There were no differences by grade or gender for the frequency and number of cigarettes smoked during the past 30 days.
- Since 2013 the frequency and quantity of cigarettes smoked among current users has not significantly changed.

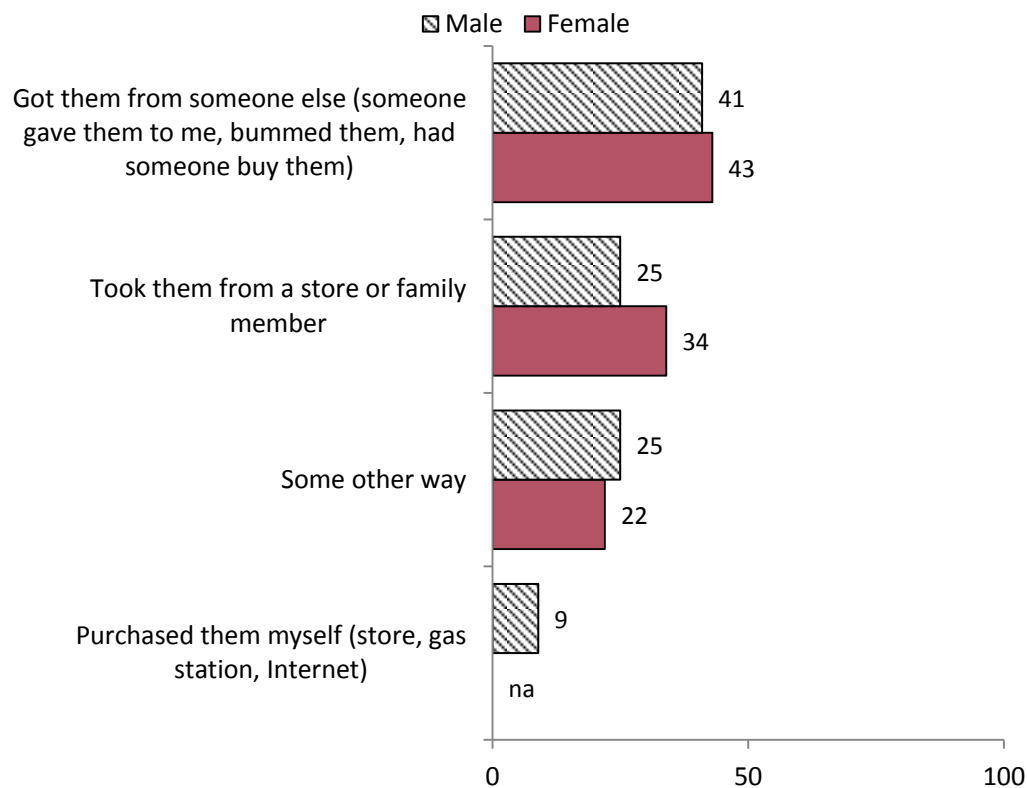
Percent of current smokers who:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Smoked on 1 or 2 days	45	45	41	56	43	48	41
Smoked on 10 or more days.	30	28	33	15	15	22	35
Smoked 1 or part one per day on days smoked	60	64	67	77	59	66	61
Smoked 2 to 10 cigarettes per day on days smoked	31	26	24	20	39	28	25
Smoked more than 10 cigarettes per day on days smoked	8	10	-	-	12	6	15

Note: there were fewer than five 6<sup>th</sup> and 7<sup>th</sup> graders who smoked more than 10 cigarettes per day.

## Source of Cigarettes Among Current Smokers

- **Of students who smoked in the past 30 days, 42% got cigarettes from someone else by giving someone money to buy cigarettes, bumming them from someone or having a person over 18 give it to them, 30% took them from a store or family member, 5% purchased them from a store, gas station, or on the Internet and 24% got them in some other way.**
- There were no statistical differences in cigarette source by gender.

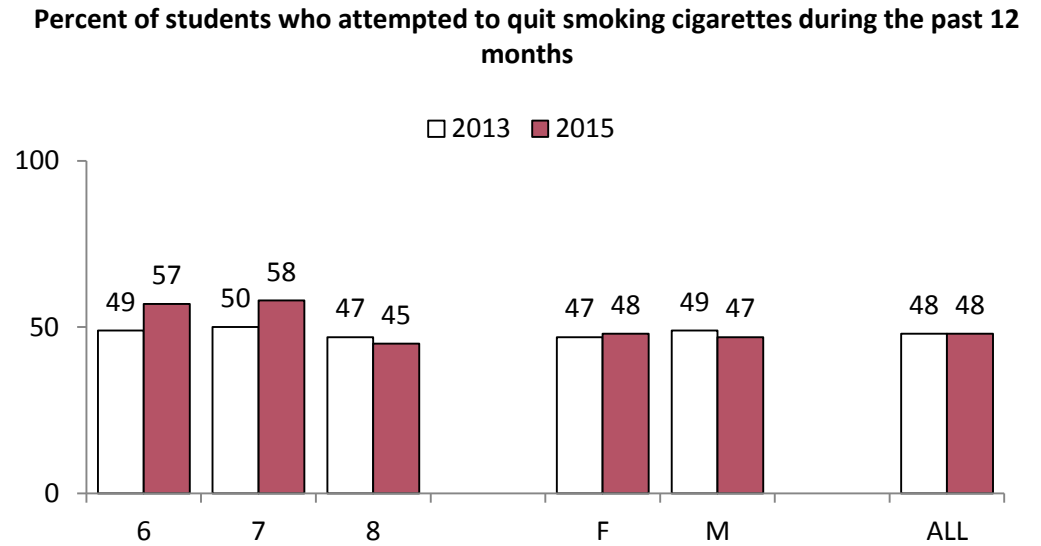
Usual source of cigarettes in the past 30 days among smokers



Note: there were fewer than five female respondents who reported purchasing their own cigarettes.

## Attempts to Quit Among Current Smokers

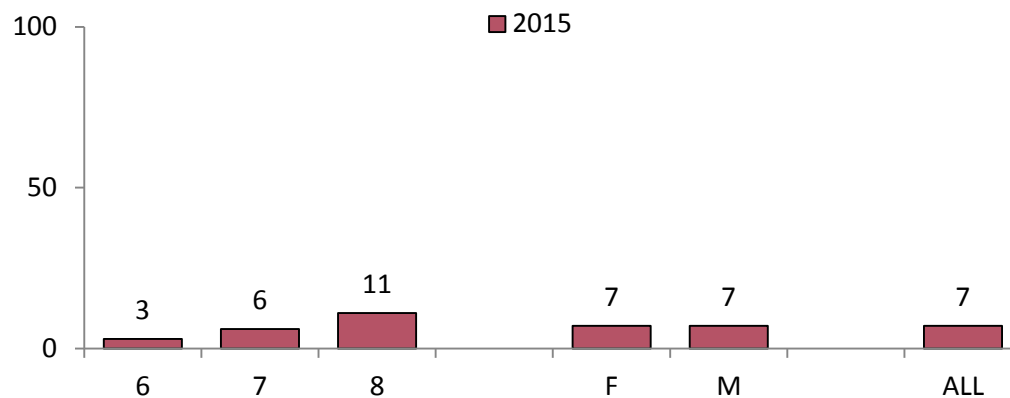
- **Of students who smoked in the past 30 days, 48% have attempted to quit during the past 12 months.**
- There were no differences by grade or gender in the percent of current smokers who have attempted to quit.



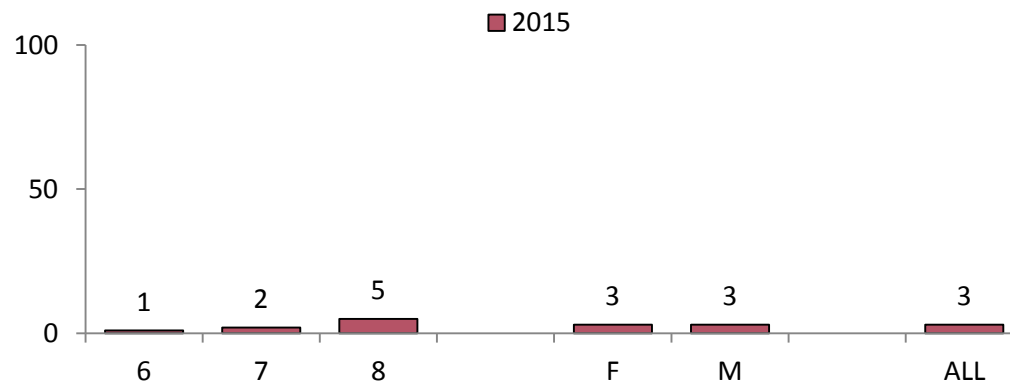
## Electronic Vapor Product Use

- Questions about electronic vapor products were added to the 2015 survey. These products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens. Examples are blu, NJOY, and Starbuzz.
- **Nearly one in ten students (7%) have ever tried an electronic vapor product and 3% of students have used one during the last 30 days.**
- Ever trying an electronic vapor product significantly increased with each grade.
- Eighth graders were significantly more likely than sixth or seventh graders to have used one of these products during the last 30 days.
- There were no significant gender differences for ever or currently using an electronic vapor product.

Percent of students who have ever used an electronic vapor product



Percent of students have used an electronic vapor product during the last 30 days





## Other Tobacco Use

- **Overall, 2% of students reported using smokeless tobacco, or cigars, cigarillos, and little cigars during the past 30 days.**
- Eighth graders were significantly more likely than sixth and seventh graders to use smokeless tobacco products, and to smoke cigars, cigarillos, or little cigars during the previous 30 days.
- Males were significantly more likely than females to use smokeless tobacco and to smoke cigars.
- The use of smokeless tobacco and cigars did not significantly change from 2013 to 2015.

Percent of students who:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Used smokeless tobacco products including chewing tobacco, snuff, or dip such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen on one or more of the past 30 days	2	2	1	1	3	1	3
Smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	1	2	1	1	2	1	2

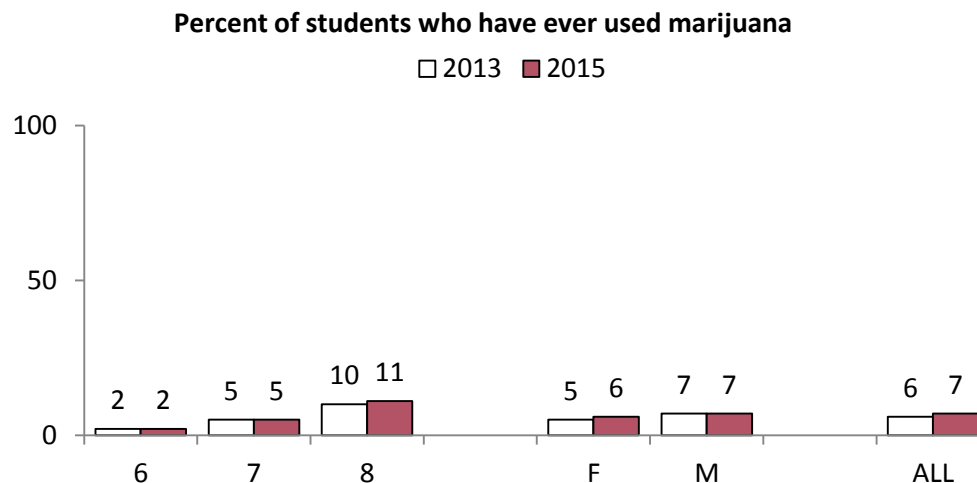
## Current Use of Any Tobacco or Electronic Vapor Product

- **During the past 30 days, 4% of students have used a tobacco product such as cigarettes, smokeless tobacco, or cigars, cigarillos or little cigars. 5% of students have used a tobacco product or electronic vapor products.**
- Eighth graders were significantly more likely than sixth and seventh graders to use cigarettes, cigars, or smokeless tobacco. Use of any tobacco product, including electronic vapor products increased with each grade level.
- Male students were more likely than females to use cigarettes, cigars, or smokeless tobacco. However, there were no differences by gender for use of any tobacco products.

Percent of students who:	All	Grade			Gender	
	2015	6	7	8	F	M
Currently used cigarettes, cigars, or smokeless tobacco	4	2	3	6	3	4
Currently used any tobacco product including electronic vapor products	5	3	4	8	5	6

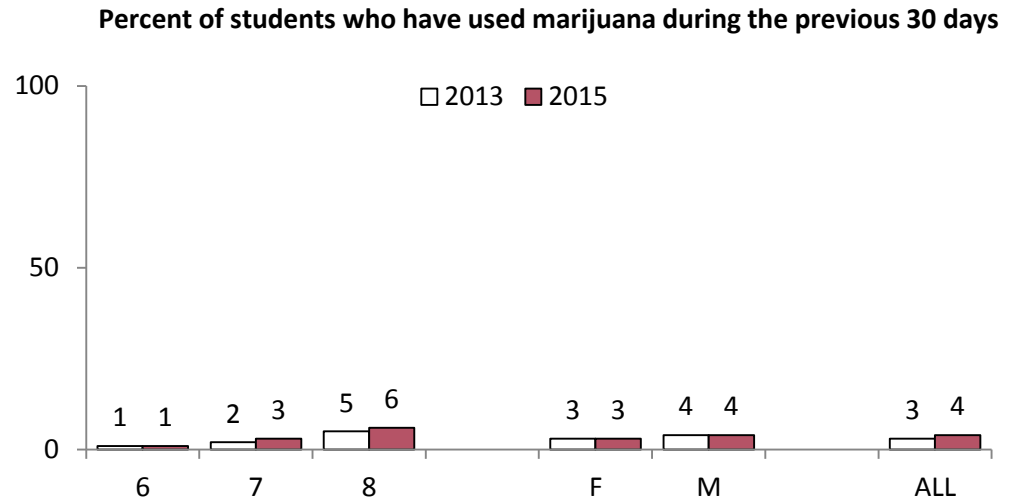
## Lifetime Marijuana Use

- **Overall, 7% of students have ever used marijuana.**
- Marijuana use increased significantly with each grade.
- There were no significant differences by gender for ever using marijuana.
- There has been no difference in lifetime marijuana use since 2011.
- **Only 1% of students tried marijuana before age 11.**
- Students in eighth grade were significantly more likely than sixth and seventh graders to report trying marijuana before age 11.
- Males were more likely than females to use marijuana before age 11.
- Early marijuana use did not change significantly since 2011.



## Marijuana Use

- **Overall, 4% of students used marijuana during the previous 30 days. 1% used marijuana more than 10 times during the last 30 days.**
- Current marijuana use increased significantly with each increasing grade. There were no differences by gender.
- There was no significant change in current marijuana use from 2013 to 2015.



## Other Drug Use

- **Of all students, 5% reported ever using inhalants and 3% reported ever misusing prescription drugs such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax.**
- Inhalant use did not differ by grade or gender.
- Eighth graders were more likely than sixth or seventh graders to report misusing a prescription drug.
- Prescription drug misuse did not differ by gender.
- From 2013 to 2015, there were no significant differences in the percent of students who have used inhalants or taken a prescription drug without a doctor's note.

Percent of students who:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Ever used inhalants	5	5	5	4	6	5	5
Ever took a prescription drug without a doctor's prescription	3	3	2	3	4	3	3

## Exposure to Cigarette Smoke and Tobacco Advertisements

- **During the past seven days, 28% of students were in the same room with someone who was smoking cigarettes and 21% were in a car with someone who was smoking.**
- Being in the same room or car as a smoker increased significantly with each grade.
- Female students were more likely than male students to report exposure to cigarette smoke.
- Exposure to cigarette smoke in a room or car both decreased significantly from 2013 to 2015.
- **When at a gas station, supermarket, or convenience store 52% of students reported seeing advertisements for cigarettes or other tobacco products at least most of the time.**
- Students were more likely to report seeing advertisements for tobacco at a gas station, supermarket, or convenience store as their grade level increased.
- There were no significant differences by gender.

Percent of students who :	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Were in the same room with someone who was smoking cigarettes during the past 7 days	30	28	24	28	31	29	27
Were in the same car with someone who was smoking cigarettes during the past 7 days	22	21	17	20	23	22	19
Always or most of the time saw tobacco ads when they were at a gas station, supermarket, or convenience store.	---	52	47	52	55	52	52

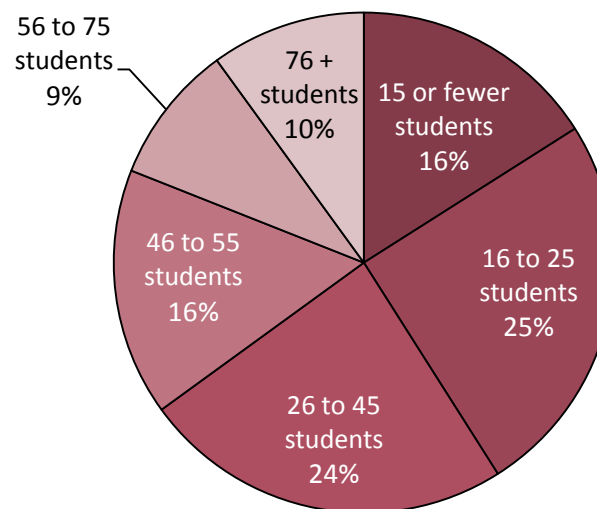
NOTE: Seeing advertisements for tobacco products in a store was new in 2015.

## Perceived Cigarette Use by Other Students

The survey asked, “Out of 100 Vermont high school students, how many do you think smoke cigarettes?”

- Almost half (41%) of middle school students think that less than a quarter of high school students smoke. 19% think that 56 or more high school students smoke, 10% of students think over three quarters of high school students smoke.
- Students reporting that they think 56 or more high school students smoke did not differ by gender. However, students in seventh grade were more likely to report this than eighth graders.
- Students reporting that they think 56 or more high school students smoke out of 100 did not significantly change from 2013 to 2015.

Percent students who think that, out of 100 Vermont high school students, the number of who smoke cigarettes is:



## Peer Disapproval of Alcohol, Cigarette, and Marijuana Use

- **Most students think it would be wrong or very wrong for someone their age to use cigarettes (94%), marijuana (90%) or alcohol (88%).**
- Overall, students were significantly more likely to disapprove of someone their age smoking cigarettes than drinking alcohol or using marijuana.
- Disapproval decreased significantly with each increasing grade for all three substances.
- Female students were more likely than males to report disapproval of peer alcohol and marijuana use.
- In 2015 significantly fewer students believed it was wrong or very wrong for their peers to use marijuana compared to those in 2013.

Percent of students who believe it is wrong or very wrong for someone their age to use:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Smoke cigarettes	94	94	97	95	92	95	94
Drink alcohol	88	88	94	90	83	90	87
Use marijuana	92	90	97	92	93	91	89



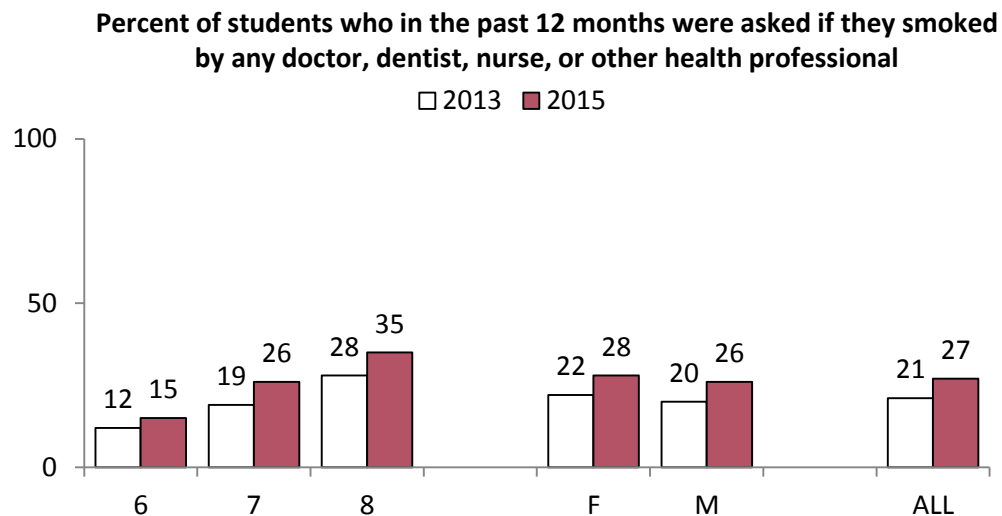
## Parental Disapproval of Alcohol, Cigarette, and Marijuana Use

- **Over nine out of every ten students perceive that their parents think it is wrong or very wrong for them to use cigarettes (96%), marijuana (94%), or alcohol (91%).**
- Overall, perception of parental disapproval was significantly higher for smoking cigarettes than using marijuana or alcohol.
- Eighth graders were significantly less likely than younger students to believe their parents would feel it was wrong or very wrong to use alcohol or marijuana.
- Males were significantly less likely than females to believe their parents would feel it was wrong for someone to use alcohol.
- Perceived parental disapproval of alcohol, cigarette and marijuana did not change.

Percent of students who believe their parents feel it is wrong or very wrong for someone their age to use:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Smoke cigarettes	96	96	96	96	96	97	96
Drink alcohol	91	91	92	92	90	93	90
Use marijuana	95	94	96	95	92	94	94

## Discussions about Smoking

- **Overall, 27% of students were asked if they smoked by a health professional in the past 12 months.**
- Being asked by a health professional about smoking increased significantly with each increasing grade.
- Female students were more likely than males to report being asked about smoking by a health professional.
- The percent of students who were asked by a health professional about smoking increased significantly from 2013 to 2015.



## Perceived Harmfulness of Alcohol, Cigarette, and Marijuana Use

- **Overall, 71% of students believed people greatly risked harming themselves if they smoke a pack of cigarettes everyday, while 59% believed using marijuana regularly causes great harm, and 48% believed having five or more drinks of alcohol once or twice each weekend did so.**
- Students were significantly more likely to perceive that people their age greatly risk harming themselves by smoking a pack of cigarettes daily than by using marijuana regularly, and significantly more likely to risk great harm by using marijuana regularly than by having five or more drinks of alcohol once or twice each weekend.
- Perception of harm for regular marijuana use decreased significantly with each grade. Eighth graders were also more likely than students in seventh grade to perceive harm from binge drinking.
- Perceived of harm from binge drinking was significantly higher among female than male students.
- Perceived harm from binge drinking and regularly using marijuana both significantly decreased from 2013 to 2015.

Percent of students who believe it would be harmful to:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Smoke one or more packs of cigarettes per day	71	71	70	72	72	71	72
Have five or more drinks of alcohol once or twice each weekend	51	48	49	49	46	49	46
Use marijuana regularly	64	59	67	61	51	60	58

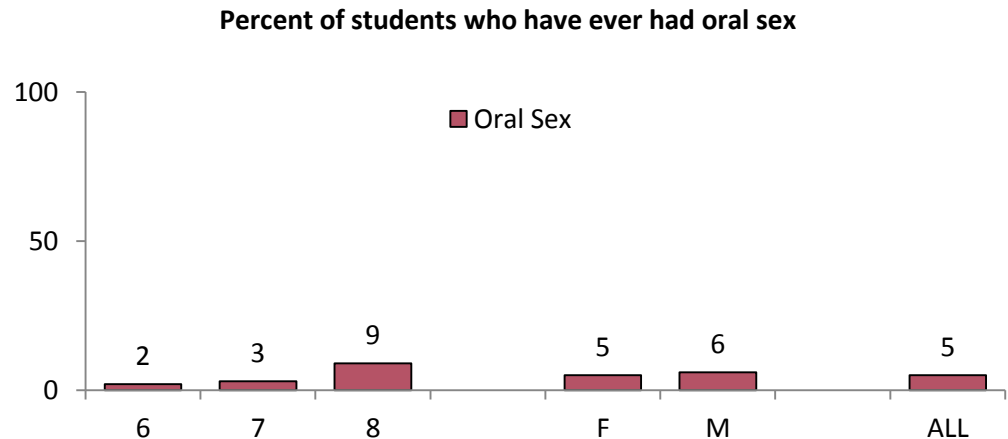
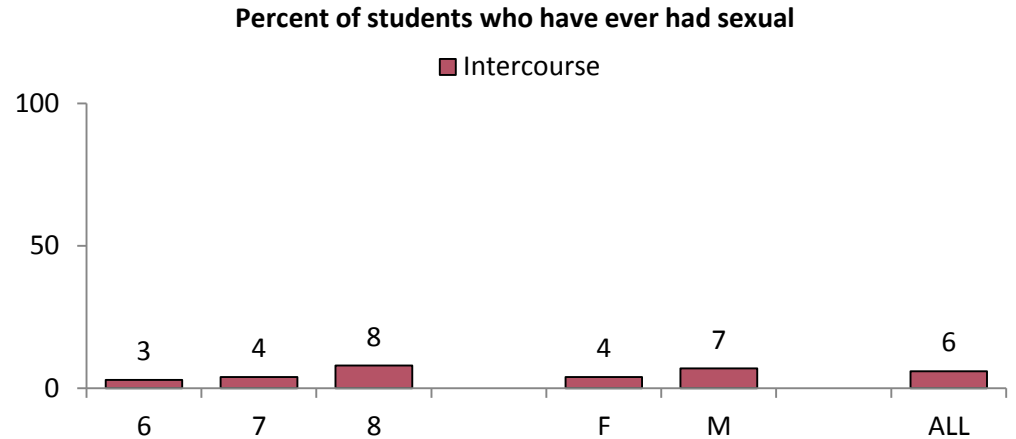
## Perceived Availability of Alcohol, Cigarette, and Marijuana Use

- **Over one third of students (36%) believe that alcohol is easy to obtain compared to 27% who think cigarettes are easy to obtain and 14% who think marijuana is easy to obtain.**
- Believing it would be easy to obtain alcohol, cigarettes, and marijuana significantly increased with each grade level.
- Male students were more likely to perceive cigarettes and marijuana as easy to obtain compared to female students. There was no difference by gender for ease of access to alcohol.
- Believing it would be easy to obtain alcohol decreased significantly from 2013 to 2015.

Percent of students who report that it would be <i>sort of easy</i> or <i>very easy</i> to get	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Smoke cigarettes	26	27	18	24	34	25	29
Drink alcohol	38	36	24	33	46	35	37
Use marijuana	14	14	6	12	22	13	16

## Lifetime Sexual Experiences

- **Overall, 6% of students reported having had sexual intercourse during their lifetime and 5% have had oral sex.**
- Ever having sexual intercourse and oral sex significantly increased with each increasing grade.
- Female students were significantly less likely to report ever having sexual intercourse or oral sex compared to males.



NOTE: These questions were new in 2015.

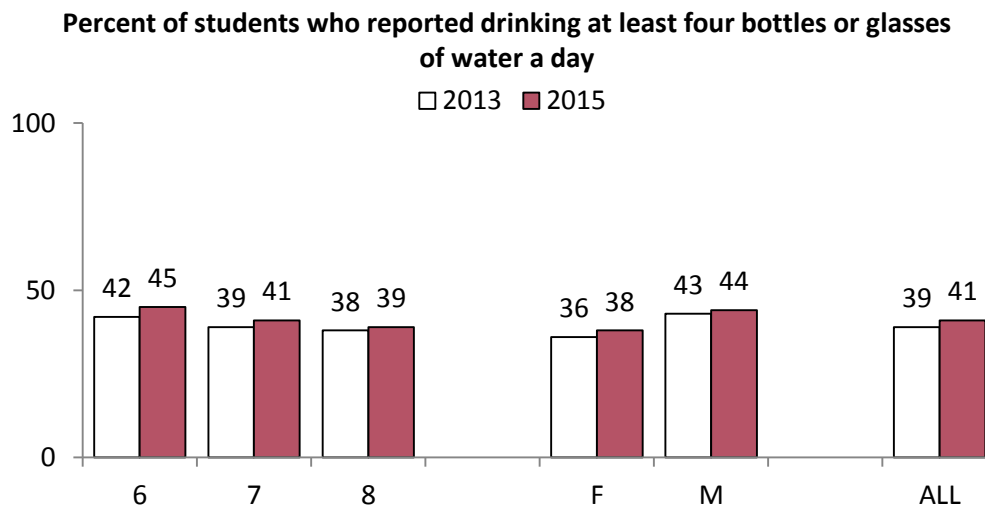
## Breakfast Consumption

- **More than half of students (52%) ate breakfast every day in the past week and 70% ate breakfast on at least five days.**
- Sixth grade students were significantly more likely than seventh and eighth grade students to eat breakfast on seven days of the previous week.
- Females were significantly less likely to eat breakfast every day than males.
- There was no significant change in the percent of students eating breakfast everyday between 2013 and 2015.

Percent of students who ate breakfast:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
On all of the past seven days	52	52	61	51	48	45	59
On at least five of the past seven days	69	70	77	70	65	64	73
On less than three of the past seven days	18	17	11	17	20	21	13
On zero of the past seven days	7	7	4	7	8	8	6

## Water Consumption

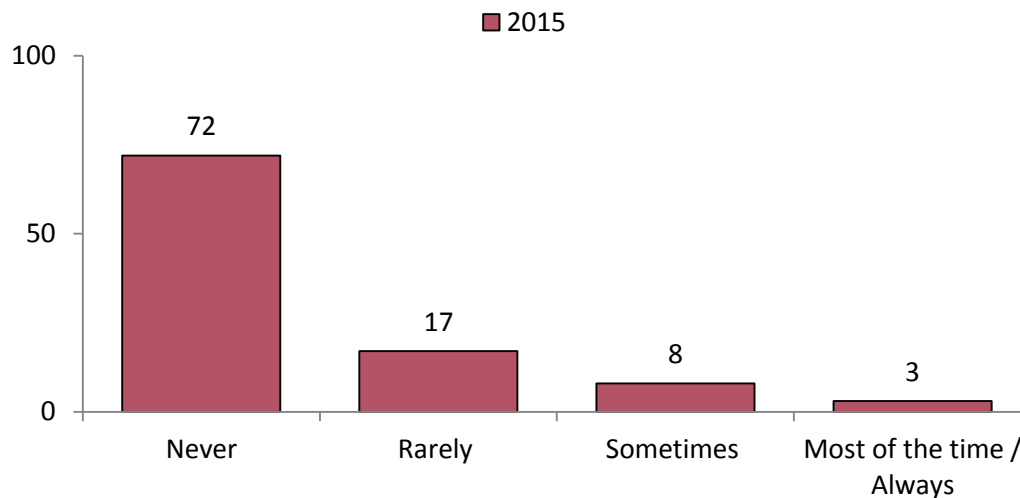
- **Overall, 41% of students reported drinking at least four bottles or glasses of water a day and 42% reported drinking two to three bottles or glasses of water a day.**
- Sixth graders were significantly more likely than older students to report drinking at least four bottles or glasses of water a day.
- Males were more likely than females to report drinking at least four bottles or glasses of water a day.
- Drinking four or more glasses of water a day significantly increased from 2013 to 2015.



## Went Hungry

- **During the previous 30 days, 3% of students reported always feeling hungry or were hungry most of the time because there was not enough food in their home.**
- There were no differences by grade or gender for going hungry during the previous 30 days.

During the previous 30 days, percent of students reported feeling hungry because there was not enough food in their home



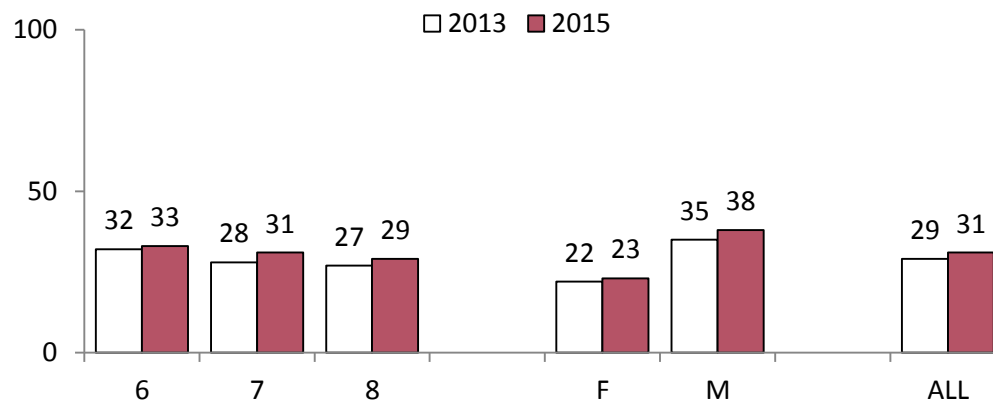
NOTE: This question was new in 2015.



## Physical Activity

- Overall, 3 in 10 students (31%) participated in 60 minutes of physical activity every day, per the U.S. Department of Health and Human Services Guidelines, and 58% reported being physically active on five or more days.
- Sixth grade students were more likely than eighth grade students to report participating in daily physical activity.
- Males were significantly more likely than females to participate in daily physical activity.
- There was a significant increase from 2013 to 2015 in the percent of students reporting daily physical activity.
- The percent of students reporting no physical activity also increased significantly from 2013 to 2015 (6% to 8%). There were no differences in those reporting no physical activity by grade or gender.

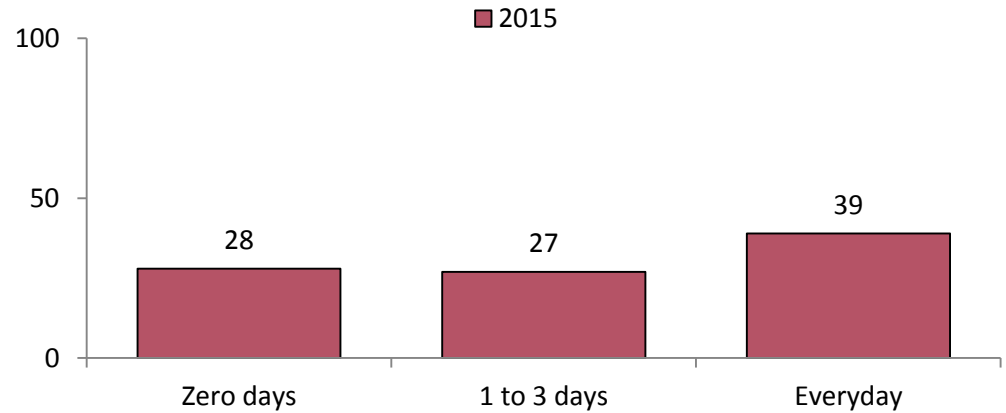
Percent of students who participated in at least 60 minutes of physical activity *every day* during the past seven days



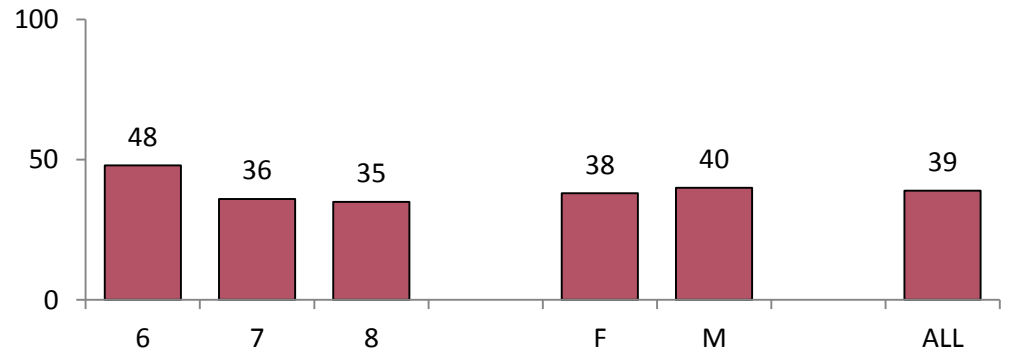
## Physical Activity at School

- **Daily physical activity breaks while at school were reported by 39% of students and 28% reported having no physical activity breaks. Examples of physical activity breaks include recess, time before or after classes, and short breaks during class. Physical activity breaks do not include activity during physical education classes.**
- Sixth graders were significantly more likely than older students to report having physical activity breaks during the school day.
- No other significant differences were reported.

**Percent of students reporting physical activity breaks such as recess or breaks during class during the average school week**



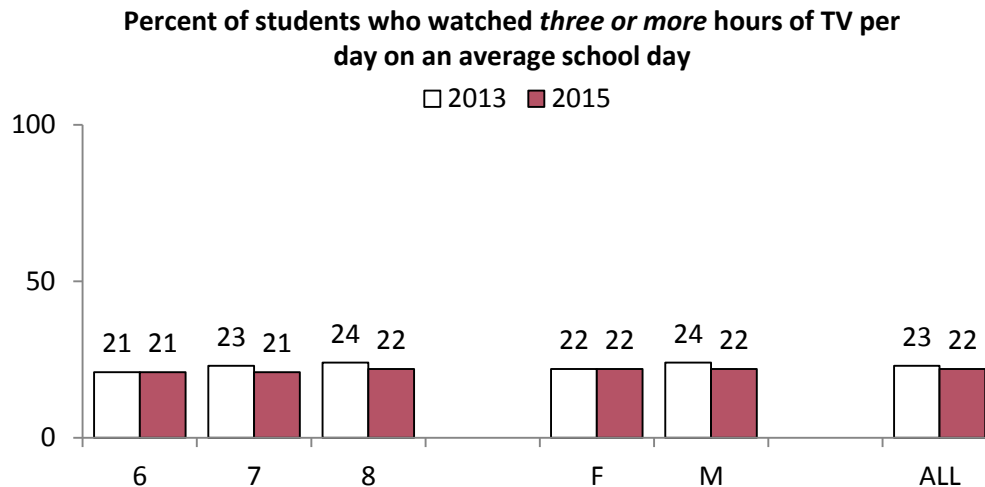
**Percent of students reporting daily physical activity breaks at school during the average school week**



NOTE: This question was new in 2015.

## Television on an Average School Day

- Overall, 1 in 5 students (22%) watched three hours or more of TV on an average school day and 6% spent five or more hours watching TV.
- There were no significant differences by grade or gender among those who watched three or more hours of TV on a school day.
- In 2015, students were significantly less likely to report watching at least three hours of TV on an average school day, compared with 2013.



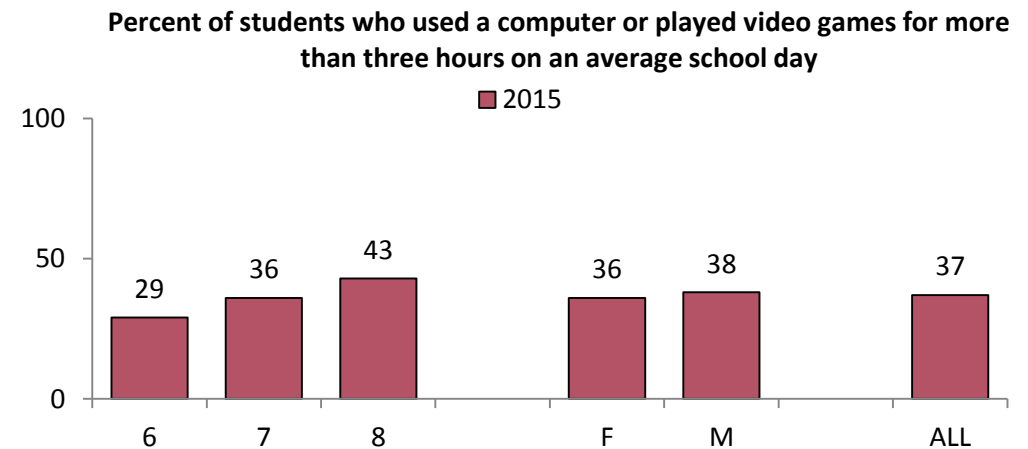
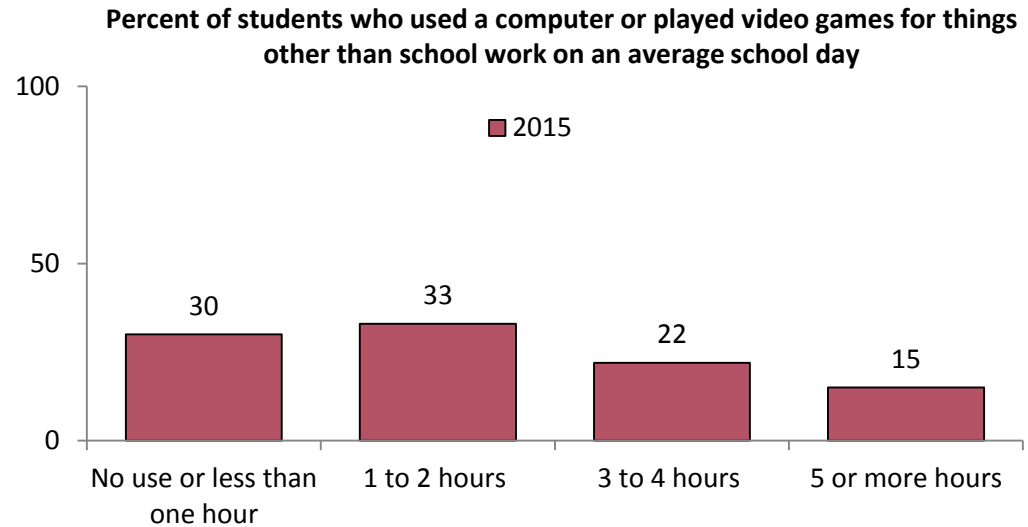
## Internet Usage

- Overall, 85% of students used the Internet on at least one day during the previous week for something not related to school.
- Nearly half (45%) went on the Internet on at least six of the previous seven days for something that was not for school.
- Not using the Internet significantly decreased with each grade.
- Males were significantly more likely than females to never use the Internet for something not related to school during the past seven days. Going online on at least six days did not differ by gender.
- Accessing the Internet on at least six days did not change from 2013 to 2015.

Percent of students who, in the past 7 days, went online for something that was not for school:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
0 days	13	15	22	16	11	13	18
1 to 3 days	26	26	31	27	21	27	25
4 to 5 days	16	14	14	14	13	14	14
6 to 7 days	45	45	33	42	55	46	44

## Computer Use on an Average School Day

- In 2015, screen time was modified from “activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet” in 2013 to “things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smart phone, YouTube, Facebook or other social networking tool, and the Internet.” Caution should be taken when making comparisons to previous years.
- **Overall, 7 in 10 students played video or computer games or used a computer for something that was not school work for at least one hour per day.**
- **On the average day, 37% played video or computer games or used a computer for three or more hours per day on an average school day.**
- Spending three or more hours a day using a computer or playing video games increased significantly with each grade.
- There were no differences by gender for students using a computer for more than three hours per day.



## Talk to Parents about School

- **Overall, 4 out of 5 students (79%) spoke to their parents about school at least once a week. Half of all students (52%) talk with their parents nearly everyday,**
- Sixth grade students are more likely than eighth graders to report their parents talk to them at least once a week about school.
- There were no differences by gender for students whose parents talk to them at least weekly about school.
- There was no significant change in the percentage of students reporting talking to their parents at least weekly from 2013 to 2015.

Percent of students whose parents talked with them about school:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Almost every day	51	52	57	54	47	54	50
About once or twice a week	29	27	24	26	31	26	29
About once or twice a month	9	9	8	9	10	9	9
Less than once a month	7	6	6	6	7	6	6
Never	5	6	5	5	6	5	6

## Feel Valued at School

- **Overall, 63% of students agreed or strongly agreed that their teachers really care about them and give them a lot of encouragement.**
- Agreeing that teachers really care about students decreased significantly with grade level.
- There were no differences by gender.
- **Overall, 43% of students agree or strongly agree that students help decide what goes on in their school.**
- Eighth graders were significantly less likely to believe that students help decide what goes on in school compared to sixth and seventh graders.
- There were no differences by gender.
- Students perceptions about teachers caring and deciding what goes on at school has not changed since 2011.

Percent of students who agree or strongly agree that:	All		Grade			Gender	
	2013	2015	6	7	8	F	M
Their teachers really care about them and give them a lot of encouragement	62	63	69	62	59	62	64
Students help decide what goes on in school	42	43	45	44	39	42	43

## Feel Valued by Community

- **Over half (55%) of students agree or strongly agree that they matter to people in their communities.**
- Feeling like they matter to their community decreased with increasing grade level.
- Males were significantly more likely than females to feel like they matter in their community.
- There was no significant difference from 2013 to 2015.

